



Country Style Cut Sweet Potatoes



Candied Sweet Potato Patties



Prime Center Cut Sweet Potatoes



Sweet Potato Casserole



# Seasoned Chunky Mashed Sweet Potatoes

*Plate Mates*  
Side Dish Solutions



# Seasoned Chunky Mashed Sweet Potatoes

**HEAT  
SERVE**

## Yummmmm

Seasoned Chunky Mashed Sweet Potatoes are an ideal way to turn any meal into a special occasion.

## Use them as a labor-saving ingredient!

Create Signature offerings like sweet potato muffins, tarts, breads and pies. Sweet potato soup is another favorite!

## Serve them as a side dish!

Serve them year-round as a nutritious alternative to white potatoes or rice.

## Benefits

- Labor saving versus fresh – no peeling, mashing or cooking!
- No Waste!
- Fresher and brighter than canned

## Preparation Instructions (for 5 lb. bags)

May be prepared from a frozen or thawed state. To thaw, place bag in refrigerator 24-48 hours before use. Can be thawed and/or heated to serving temperature while still in sealed Boil in Bag by placing in boiling water.

**Thawing** – Temper 24 hours at 45°F or below. May be held refrigerated up to 3 days at 45°F or below. Can also be used as an ingredient for pie filling, soup, muffins, breads, soufflés, etc.

**Steam Table** – Remove product from bag and place in steam table pan. Cover and heat on high setting 1½ - 2 hours for frozen potatoes. Stir occasionally.

**Conventional or Convection Oven** – Preheat oven to 350°F. Remove product from bag and place in pan. Cover and heat 1½ - 2 hours for frozen potatoes. Stir occasionally.

**Microwave Oven** – Remove product from bag and place in microwave dish. Heat on high setting 10 minutes for thawed potatoes and 20-30 minutes for frozen potatoes. Stir occasionally.

## USDA Child Nutrition Program

2.3 oz. provides 1/4 cup vegetable.

## School Portioning Information

1/4 Cup Servings			1/4 Cup (oz)	
Lb.	Bag	Case	Frozen	Cooked
7	35	210	2.3	2.3

## Specifications and Packaging

Product	Pack Size	Case Weight	
		Net	Gross
7444 Seasoned Chunky	6/5 lb.	30	31.5
7445 Candied Mashed	6/5 lb.	30	31.5

## Nutritional Information

	7445 Candied Mashed Sweet Potatoes	7444 Seasoned Chunky Mashed Sweet Potatoes	
Serving Size	1/2 cup (140g)	1/2 cup (140g)	
Serving Per Case	about 16	about 16	
Calories	150	140	
Calories from Fat	0	0	
	% Daily Value*		
Total Fat	0g 0%	0g 0%	
Saturated Fat	0g 0%	0g 0%	
Trans Fat	0g	0g	
Cholesterol	0mg 0%	0mg 0%	
Sodium	200mg 8%	20mg 1%	
Total Carbohydrates	35g 12%	32g 11%	
Dietary fiber	3g 12%	3g 12%	
Sugars	13g	23g	
Protein	2g	4g	
Vitamin A	50%	140%	
Vitamin C	8%	8%	
Calcium	2%	2%	
Iron	4%	4%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Diet Exchange

American Dietetic Association 3.6 oz. = 1 bread

## Ingredients

Sweet potatoes, sugar, spices

