BRIGHT HARVEST

Plate Mates

Side Dish Solutions

NEW!

‘CHIPOTLE’ SWEET POTATO FRIES

(Mfg. #9025)

½” x ½” Crinkle-Cut ~ Oven-Bake OR Deep Fry

Nutrition Facts

Serving Size 14 pieces (85g)
Servings Per Container about 13

Amount Per Serving

Calories 130	Calories from Fat 70
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 720mg	**30%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 2g	**8%**
Sugars 3g	
Protein 3g	

Vitamin A 70% • Vitamin C 4%

Calcium 2% • Iron 2%

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

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

SCHOOL NUTRITIONAL INFORMATION:
1.42 oz of vegetable/fruit credit per ¼ cup serving; Shelf Life: 15 months

INGREDIENTS: Sweet Potatoes, Canola Oil (Citric Acid as a Preservative), Modified Food Starch, Salt, Dextrin, Spices, Natural Flavors, Garlic Powder, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Xanthan Gum, Spice Extractive (Color), Onion Powder.

OVEN DIRECTIONS:
Conventional Oven: Preheat oven to 425^0 F. Spread frozen sweet potato fries in a single layer on a baking sheet. Bake for 18-20 minutes or until desired crispness is achieved. For best results use a spatula to turn over the fries about 10 minutes into the baking time.
Convection Oven: Preheat oven to 425^0 F. Spread frozen sweet potato fries in a single layer on a baking sheet. Bake for 16-18 minutes or until desired crispness is achieved. For best results use a spatula to turn over the fries about 10 minutes into the baking time.

NOTE: The cooking times are suggested. Individual ovens vary in cooking time. Continue baking until desired crispness is obtained.

FRYER: Deep Fry at 350^0 F. for approx. 2- 2-1/2 minutes until crisp.