NEW!

GLUTEN-FREE
"CLEAR-COAT" SWEET POTATO FRIES

(Mfg. #9008, Pack: 6/2.5#/cs.)

3/8"Straight Cut ~Oven-Bake OR Deep Fry

Nutrition Facts

Serving Size 14 pieces (85g)
Servings Per Container

Amount Per Serving

Calories 140	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 90mg	**4%**
Total Carbohydrate 15g	**5%**
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 (Potato), Rice Flour, Dextrin, Salt, Extractive of Paprika (Color), Xanthan Gum.

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.