



USDA School Lunch Equivalent For: **Sweet Things® Original Mashed Sweet Potatoes M0007**

**Fancy**

**Ingredient Statement:**

Ingredients: Sweet Potatoes, Water, Brown Sugar (Sugar, Cane Molasses), Dehydrated Sweet Potato, Modified Food Starch (Potato, Corn), Natural And Artificial Flavors (Milk), Molasses Powder, Disodium Dihydrogen Pyrophosphate (to promote color retention), Corn Syrup Solids, Caramel (Color), Gum Arabic.

**Food Allergens: MILK**

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>4.24 oz. (120g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>120</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 45mg	<b>2%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 15g	
Includes 9g Added Sugars	<b>18%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 51mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 200mg	<b>4%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

USDA FOOD BUYING GUIDE FOR CHILD NUTRITION PRODUCT: (pg.2-80 )			
USDA PURCHASED UNIT	USDA SERVINGS PER PURCHASED UNIT	USDA SERVINGS PER MEAL CONTRIBUTION	USDA PURCHASED UNIT FOR 100 SERVINGS
1 LB	7.55	1/4 cup cooked vegetable	13.3

LAMB WESTON EQUIVALENT PER BAG PRODUCT:			
PURCHASED UNIT	USDA SERVINGS PER PURCHASED UNIT	USDA SERVINGS PER MEAL CONTRIBUTION	USDA PURCHASED UNIT FOR 100 SERVINGS
2 LB	7.54	1/2 cup cooked vegetable	13.26

LAMB WESTON EQUIVALENT PER CASE PRODUCT:			
PURCHASED UNIT	USDA SERVINGS PER PURCHASED UNIT	USDA SERVINGS PER MEAL CONTRIBUTION	USDA PURCHASED UNIT FOR 100 SERVINGS
24 LB	90.56	1/2 cup cooked vegetable	1.1

Description of Creditable Ingredient per Food Buying Guide (FBG)	Vegetable Subgroup	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield/ Purchased Unit	Creditable Amount (quarter cup)
Sweet Potatoes, Frozen Mashed	Red/Orange	4.24 oz.	X	7.55/16	2.00

I certify the above information is true and correct and that 4.24 ounce serving of the above product contains 1/2 cup(s) of Red/Orange vegetables.

**Cooking Instructions**

**Microwave Oven:** Heat 14-16 minutes at Medium High power. Cut a 1" slit in center of bag. Heat on Medium High power for 1/2 of the total heating time. Rotate the bag; push corners inward. Finish heating.

**NOTE:** Oven power may vary. Adjust heating time as needed.

**Boil-In-Bag:** Full rolling boil for 18-20 minutes. Place (unopened) bag in boiling water.

Cook from frozen state. Perishable. Keep frozen - DO NOT THAW. Store at 0°F (-18°C) or colder. PRODUCT MUST BE COOKED THOROUGHLY. Product must reach a minimum of 170°F (77°C) internal temperature as measured by a food thermometer in several spots.

**Storage and Shelf Life**

PERISHABLE. KEEP FROZEN. STORE AT 0°F (-18°C) OR COLDER.

Frozen Shelf Life: 24 months.

Approved by:  Sr. Nutritionist Date: July 1, 2017