

B235

RoastWorks - Rstd Whole Sweetlings 6/2.5#



Nutrition Facts

Serving Size 2 Pieces (92g)
Servings Per Container: 72

Amount Per Serving

Calories 90 Calories from Fat 20

% Daily Value *

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 70mg **3%**

Total Carbohydrate **6%**

18g

Dietary Fiber 3g **12%**

Sugars 11g

Protein 1g

Vitamin A **25%**

Vitamin C **0%**

Calcium **4%**

Iron **4%**

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Calories 2000 2500

Total Fat Less Than 65g 80g

Sat. Fat Less Than 20g 25g

Cholesterol Less Than 300g 300g

Sodium Less Than 2,400g 2,400g

Total Carbohydrate 00g 375g

Dietary Fiber 25g 30g

Calories per gram

Fat 9 Carbohydrate 4 Protein 4

Product Specifications

SKU	Packaging	Brand
10071179024521	6/2.50 LB	RoastWorks

Gross Weight	Net Weight	Country of Origin	Yield
17.00 LB	15.00 LB	US	-

Gluten Ingredients Added	Gluten Free	Vegetarian	Vegan	Kosher
-	Yes	Yes	No	No

Shipping Information

Length	Width	Height	Case Cube	TlxHl	Shelf Life	Storage Temp From/To
16.000 IN	10.000 IN	6.625 IN	0.610	12X10	540 Days	-10 FA / 10 FA

General Description

•Hand-picked, farm cured miniature sweet potatoes with tender, delicious skin
•Roasted whole and perfectly seasoned with a blend of citrus, brown sugar and ginger

Benefits

- On Trend: The popularity of sweet potatoes continues to grow due to their healthy halo and savory flavor
- Natural Appeal: Whole, miniature sweet potatoes, vivid orange interior delivers eye-catching signature dishes, perfectly roasted skin that is both tender and delicious
- Power Food: Rich in nutrients including vitamin A & C, potassium, and beta carotene, only 2 grams of fat per serving, no allergens
- Convenience: Small size allows menu versatility in sweet or savory applications, quick preparation with convection bake in just 15 minutes or microwave in 4 minutes, excellent hold time up to 90 minutes on a buffet line or heat lamp

Serving Suggestions

BREAKFAST:

•Split open and top with vanilla Greek yogurt & sliced almonds; maple-oat crumble; maple syrup & chopped pecans

APPETIZERS:

•Split open and top with bacon, green onions and blue cheese crumbles; BBQ pork with RoastWorks poblano peppers

INGREDIENTS

Sweet Potatoes, Olive Oil, Contains Less Than 2% Of Brown Sugar, Food Starch-Modified, Honey, Maltodextrin, Natural Flavor, Orange Juice Solids, Salt, Spice, Sugar, Xanthan Gum

SIDES:

•Split open and top with crumbled sausage, sautéed kale and onions, roasted Brussels sprouts and beets with sage-butter

DESSERTS:

•Split open and top with dulce de leche ice cream and caramel sauce, pecan streusel and cinnamon flavored whipped cream

Prep Instructions

CONVECTION OVEN: Preheat oven to 375F. Spray baking pan with non-stick cooking spray. Arrange frozen potatoes in single layer. Bake for 13 to 18 minutes.

STANDARD OVEN: Preheat oven to 450F. Spray baking pan with non-stick cooking spray. Arrange frozen potatoes in single layer. Bake for 23 to 28 minutes.

MICROWAVE (1100 watt): Place 20 oz. (half bag) frozen potatoes in microwave dish. Cover. Cook on high 10 minutes, stirring halfway through cook time.

MICROWAVE (2200 watt): Place 20 oz. (half bag) frozen potatoes in microwave dish. Cover. Cook on high 4 minutes, stirring halfway through cook time.

USDA National School Lunch Product Fact Sheet

PRODUCT SPECIFICATION:	SWEET POTATOES / ROASTED, FROZEN: Simplot RoastWorks® Sweetlings® / SKU 10071179024521. To be packed with U.S. Grade A; Oven-bake and Microwaveable. PACK SIZE: 6/2.5 LB bags per case.
-------------------------------	--

FOOD BUYING GUIDE SUB-GROUP: Potatoes, frozen Whole Small							
* Creditable serving size adjusted to reflect weight needed to attain vegetable credit. Non-potato ingredients excluded.							
Creditable Ingredient Serving Size (as purchased)	Serving Size per Meal Contribution		Servings per Pound	Purchase Unit	Servings per Unit	Qty for 100 Servings	
1.67 oz (about 2 pieces)	¼ cup cooked vegetable		9.58	Bag	23.95	4.18	
				Case	143.70	0.70	
3.34 oz (about 3 pieces)	½ cup cooked vegetable		4.79	Bag	11.97	8.36	
				Case	71.82	1.40	
Veg Group	Dark Green	Red/Orange	Starchy	Beans/Peas	Other	Additional	Meat Alt.
1.67 oz		1/4 cup					
3.34 oz		1/2 cup					

*Information above is provided for food, as purchased, using the USDA Food Buying Guide for Child Nutrition, January 2013 Update.

INGREDIENT STATEMENT	NUTRITION	<input checked="" type="checkbox"/> Smart Snacks Compliant																																
Sweet Potatoes, Olive Oil, Contains less than 2% of Brown Sugar, Food Starch-Modified, Honey, Maltodextrin, Natural Flavor, Orange Juice Solids, Salt, Spice, Sugar, Xanthan Gum.	<table border="1"> <tr> <th colspan="2">Nutrition Facts</th> </tr> <tr> <td colspan="2">Serving Size 1.67 oz (47g)</td> </tr> <tr> <td colspan="2">Amount Per Serving</td> </tr> <tr> <td>Calories 50</td> <td>Calories from Fat 10</td> </tr> <tr> <td colspan="2">% Daily Value*</td> </tr> <tr> <td>Total Fat 1g</td> <td>2%</td> </tr> <tr> <td>Saturated Fat 0g</td> <td>0%</td> </tr> <tr> <td>Trans Fat 0g</td> <td></td> </tr> <tr> <td>Cholesterol 0mg</td> <td>0%</td> </tr> <tr> <td>Sodium 35mg</td> <td>1%</td> </tr> <tr> <td>Total Carbohydrate 9g</td> <td>3%</td> </tr> <tr> <td>Dietary Fiber 1g</td> <td>4%</td> </tr> <tr> <td>Sugars 6g</td> <td></td> </tr> <tr> <td>Protein 1g</td> <td></td> </tr> <tr> <td>Vitamin A 10%</td> <td>Vitamin C 0%</td> </tr> <tr> <td>Calcium 0%</td> <td>Iron 0%</td> </tr> </table>	Nutrition Facts		Serving Size 1.67 oz (47g)		Amount Per Serving		Calories 50	Calories from Fat 10	% Daily Value*		Total Fat 1g	2%	Saturated Fat 0g	0%	Trans Fat 0g		Cholesterol 0mg	0%	Sodium 35mg	1%	Total Carbohydrate 9g	3%	Dietary Fiber 1g	4%	Sugars 6g		Protein 1g		Vitamin A 10%	Vitamin C 0%	Calcium 0%	Iron 0%	<input checked="" type="checkbox"/>
Nutrition Facts																																		
Serving Size 1.67 oz (47g)																																		
Amount Per Serving																																		
Calories 50	Calories from Fat 10																																	
% Daily Value*																																		
Total Fat 1g	2%																																	
Saturated Fat 0g	0%																																	
Trans Fat 0g																																		
Cholesterol 0mg	0%																																	
Sodium 35mg	1%																																	
Total Carbohydrate 9g	3%																																	
Dietary Fiber 1g	4%																																	
Sugars 6g																																		
Protein 1g																																		
Vitamin A 10%	Vitamin C 0%																																	
Calcium 0%	Iron 0%																																	
ALLERGENS PRESENT <input type="checkbox"/> Milk <input type="checkbox"/> Egg <input type="checkbox"/> Wheat <input type="checkbox"/> Soy <input type="checkbox"/> Peanuts <input type="checkbox"/> Tree Nuts <input type="checkbox"/> Fish <input type="checkbox"/> Molluscan Shellfish	<table border="1"> <tr> <th colspan="2">Nutrition Facts</th> </tr> <tr> <td colspan="2">Serving Size 3.34 oz (95g)</td> </tr> <tr> <td colspan="2">Amount Per Serving</td> </tr> <tr> <td>Calories 100</td> <td>Calories from Fat 25</td> </tr> <tr> <td colspan="2">% Daily Value*</td> </tr> <tr> <td>Total Fat 2.5g</td> <td>4%</td> </tr> <tr> <td>Saturated Fat 0g</td> <td>0%</td> </tr> <tr> <td>Trans Fat 0g</td> <td></td> </tr> <tr> <td>Cholesterol 0mg</td> <td>0%</td> </tr> <tr> <td>Sodium 75mg</td> <td>3%</td> </tr> <tr> <td>Total Carbohydrate 19g</td> <td>6%</td> </tr> <tr> <td>Dietary Fiber 3g</td> <td>12%</td> </tr> <tr> <td>Sugars 11g</td> <td></td> </tr> <tr> <td>Protein 1g</td> <td></td> </tr> <tr> <td>Vitamin A 25%</td> <td>Vitamin C 0%</td> </tr> <tr> <td>Calcium 4%</td> <td>Iron 4%</td> </tr> </table>	Nutrition Facts		Serving Size 3.34 oz (95g)		Amount Per Serving		Calories 100	Calories from Fat 25	% Daily Value*		Total Fat 2.5g	4%	Saturated Fat 0g	0%	Trans Fat 0g		Cholesterol 0mg	0%	Sodium 75mg	3%	Total Carbohydrate 19g	6%	Dietary Fiber 3g	12%	Sugars 11g		Protein 1g		Vitamin A 25%	Vitamin C 0%	Calcium 4%	Iron 4%	<input checked="" type="checkbox"/>
Nutrition Facts																																		
Serving Size 3.34 oz (95g)																																		
Amount Per Serving																																		
Calories 100	Calories from Fat 25																																	
% Daily Value*																																		
Total Fat 2.5g	4%																																	
Saturated Fat 0g	0%																																	
Trans Fat 0g																																		
Cholesterol 0mg	0%																																	
Sodium 75mg	3%																																	
Total Carbohydrate 19g	6%																																	
Dietary Fiber 3g	12%																																	
Sugars 11g																																		
Protein 1g																																		
Vitamin A 25%	Vitamin C 0%																																	
Calcium 4%	Iron 4%																																	
ADDITIONAL INFORMATION <input checked="" type="checkbox"/> Gluten Free <input checked="" type="checkbox"/> Lacto-Vegetarian <input type="checkbox"/> Vegan																																		

COOKING INSTRUCTIONS							
Convection Oven	Bake potatoes at 375°F for 13-18 minutes in a single layer on a greased sheet pan.						
Microwave Oven (1100 Watt)	Microwave ½ bag of potatoes on HIGH for 10 minutes, covered, stirring halfway through cooking time. Let stand for 1 minute.						
CASE PACK							
Shelf Life (stored at 0°F)	18 months	Case Cube (ft.³)	0.61	Gross Weight (lb)	17.00		
Outer Case Dimensions (LxWxH)	16" x 10" x 6.625"	Pallet Ti / Hi	12 / 10				

The J.R. Simplot Company certifies the information above to be true and correct as of March 27, 2015.

Shawanda Brown
Principal Scientist Regulatory Nutrition

