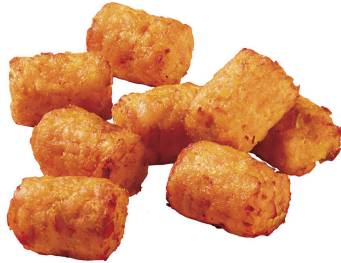




SIMPLOT

# 223099 - Potato\*Dnr\*Sweet Potato Gem

Bake or fry convenience; Meet consumer's desire for healthier menu choices; Exceptionally versatile across the menu and cuisine types; Great second fry alternative; Excellent source of Vitamin A, naturally cholesterol free, and 0g trans fat per serving



## Nutrition Facts

Servings per Container 80  
Serving size 3oz(84g/about10pcs)

Amount per serving  
**Calories 90**

	% Daily Value*
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 250mg	<b>11%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 8g	
Includes 1g Added Sugar	<b>2%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 0mg	<b>0%</b>
Iron 0.4mg	<b>2%</b>
Potassium 320mg	<b>7%</b>

\* The % Daily Value (DV) 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.

### \* Benefits

### Ingredients

SWEET POTATOES, VEGETABLE OIL (SOYBEAN, CANOLA, AND/OR SUNFLOWER), DEHYDRATED POTATO, SUGAR, CORN STARCH, RICE FLOUR, SALT, SODIUM ALGINATE, TO PROTECT NATURAL COLOR (CITRIC ACID, ASCORBIC ACID, DISODIUM DIHYDROGEN PYROPHOSPHATE).

### Allergens

#### Free From:



### Handling Suggestions

Pack Size: 6/2.5 lb. Net Weight: 15 lb. Gross Weight: 17 lb. Case Cube: .74 Cases/Layers: 9/11

### Serving Suggestions

Sweet Home BBQ - Looking to give your chicken or ribs some southern flare? Couple savory BBQ with Simplot Sweets Gems, the perfect side to dip in BBQ sauce. They're called SWEETS for a Reason - Bake Simplot Sweets Gems topped with cinnamon-sugar and candied nuts. Serve with flavored dipping sauces for an irresistible dessert! Pile on the Flavor - Complement the unique flavor of the sweet potato with bacon, Gorgonzola, green onions and sour cream or create your own signature combination.

### Prep & Cooking Suggestions

Food Safety Statement: Deep Fryer:345F, 2-2 minutes, Fill fryer basket no more than half full. Do not overcook. Convection Oven:350F, 15-18 minutes, Line sheet pans with parchment paper or foil coated with non-stick spray. Arrange sweet potatoes in a single layer on sheet pans. Turn as needed for even browning. Standard Oven:400F, 18-24 minutes, Line sheet pans with parchment paper or foil coated with non-stick spray. Arrange sweet potatoes in a single layer on sheet pans. Turn as needed for even browning. Combi Oven:375F, 11-16 minutes, Fan 75%, Steam 0%. Line sheet pans with parchment paper or foil coated with non-stick spray. Arrange sweet potatoes in a single layer on sheet pans. Turn as needed for even browning.

### Product Specifications

Brand	Manufacturer	Product Category
SIMPLOT	JR SIMPLOT CALDWELL ID.	Potatoes, Other

MFG #	SPC #	GTIN	Pack	Pack Desc.
02436	223099	10071179024361	6	6/2.5#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
17lb	15lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
0in	0in	0in	1ft3	9x6	0DAYS	0°F / 32°F



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## Nutrition Analysis - By Serving

Calories	90	Total Fat	2.5g	Sodium	250mg
Protein	1	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	17g	Saturated Fat	0g	Iron	0.4mg
Sugars	8g	Added Sugars	1g	Potassium	320mg
Dietary Fiber	3g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

## Additional Images

