

# Product Information for 353870 POTATO MASHED SWT 12-2# LAMB

<b>Manufacturer: LAMB WESTON, INC.</b>			
<b>Pack</b>	<b>12/CASE</b>	<b>Manufacturer #</b>	<b>M0007</b>
<b>Portion Size</b>	<b>OZ</b>	<b>Net Weight</b>	<b>24</b>
<b>Portion/Case</b>	<b>384</b>	<b>UPC Code 1</b>	<b>10044979130075</b>
<b>Price</b>	<b>29.86</b>		

## Quantity Invoiced Over Last 6 Weeks

10/23/2011	10/30/2011	11/6/2011	11/13/2011	11/20/2011	11/27/2011
0	2	0	0	0	0

## Other Information

<b>Other Information</b>	
<b>Item Yield</b>	<b>CASE= 12-2# SWEET THINGS MASHED POTATOES</b>
<b>Shelf Life</b>	<b>FROZEN= 365 DAYS FROM THE DATE OF PRODUCTION</b>
<b>Thawing Instructions</b>	<b>PREPARE FROM FROZEN STATE</b>
<b>Basic Preparation</b>	<b>BOILING: PLACE FROZEN BAG IN POT OF BOILING WATER FOR APPROXIMATELY 20 MINUTES. HEAT CONTENTS TO 160 DEGREES F TO 170 DEGREES F. MICROWAVE: DEFROST 1 LB FOR 7 MINUTES (UNTIL NO FROZEN CHUNKS). KNEAD CONTENTS SMOOTH, UNTIL 1" THICK. MICROWAVE ON HIGH FOR APPROXIMATELY 7 MINUTES (UNTIL 160</b>
<b>Merchandising Idea</b>	<b>MARKET**HIGH QUALITY FROZEN MASHED SWEET POTATOES LIGHTLY SEASONED WITH BROWN SUGAR, MOLASSES AND SWEET BUTTER. EXCELLENT SOURCE OF VITAMIN A AND DIETARY FIBER. LOW FAT SOURCE OF VITAMIN E. CONVENIENT 2LB. BAG ELIMINATES WASTE AND REDUCES LABOR. CONTAINS ZERO GRAMS TRANS FAT PER SERVING. YIELD EQUIVALENTS: IT TAKES 50 POUNDS OF RAW POTATOES TO YIELD ONE CASE OF MASHED POTATO'S AND SAVES YOU 1-1/2 HOURS OF PREP TIME. WHEN COMPARING TO THE COST OF SCRATCH, DON'T FORGET THE COST OF BUTTER, MILK AND LABOR. **WHITE TABLECLOTH RESTAURANTS (FINE DINING); CASUAL THEME RESTAURANTS; QSR &amp; FAST CASUAL; COLLEGES/UNIVERSITIES; B&amp;I**PERFECT FOR TRADITIONAL PRESENTATIONS</b>



# Nutritional Information for POTATO MASHED SWT 12-2# LAMB

<b>Product Number:</b>	<b>353870</b>
<b>Description:</b>	<b>AP Potatoes, Sweet, Mashed, Lamb Weston</b>

Nutritional Information			
Serving Size .67 cup (140 g)			
<b>Amount Per Serving</b>			
<b>Calories 130</b>		<b>Calories from Fat 9</b>	
% Daily Value			
<b>Total Fat</b>	<b>1 g</b>	<b>2%</b>	
Saturated Fat	0 g	0%	
Trans Fat	0 g		
PolyUnSat	n/a	n/a	
MonoUnSat	n/a	n/a	
<b>Cholesterol</b>	<b>0 mg</b>	<b>0%</b>	
<b>Sodium</b>	<b>50 mg</b>	<b>2%</b>	
<b>Potassium</b>	<b>230 mg</b>	<b>7%</b>	
<b>Total Carbs</b>	<b>31 g</b>	<b>10%</b>	
Dietary Fiber	3 g	12%	
Sugars	18 g	n/a	
<b>Protein</b>	<b>1 g</b>	<b>2%</b>	
Vitamin A -	110%	Vitamin C -	4%
Calcium -	6%	Iron -	4%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

School Equivalents		Fat Soluble Vitamins	
		Vitamin D	n/a
Meat/Meat Alternative	n/a	Vitamin D	n/a
Fruit/Vegetables	n/a	Vitamin E	n/a
Grain/Bread	n/a	Vitamin K	n/a
Child Nutrition Label	No	Vitamin A	5500 IU
		Vitamin A	n/a

Water Soluble Vitamins		Minerals	
Thiamin B1	n/a	Phosphorus	n/a
Riboflavin B2	n/a	Zinc	n/a
Niacin B3	n/a	Magnesium	n/a
Pyridoxine B6	n/a	Copper	n/a
Cobalamin B12	n/a	Selenium	n/a
Pantothenic Acid	n/a	Calcium	60 mg
Vitamin C	2 mg	Iron	1 mg
Folic Acid	n/a	Manganese	n/a
		Iodine	n/a

**Ingredients:**

**For ingredient or allergen information please contact: Lamb Weston, phone: (800) 766-7783/web page: [www.lambweston.com](http://www.lambweston.com). Please reference manufacturer number: M0007. Nutrition updated August 2011. The nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.**