



Item #: L0095

## Lamb Weston Sweet Potato Fries™ 3/16" Juliennes

Brand: Lamb Weston®  
Cut Size: 3/16" Shoestrings  
Package Size: 5/3#

Lamb Weston Sweet Potato Fries™ will differentiate and expand your menu while being a perfect choice for customers looking for healthier menu options. This thin and crispiest cut offers the fastest prep time plus maximum plate coverage.

### OPERATOR BENEFITS



Choose from a variety of flavors and sizes in our wide portfolio of offerings.



Drive traffic and charge more for these unique products due to their higher perceived value.



High-quality premium length fries fill up the plate more with fewer strips than budget fries.



These thin cuts cook up faster than thick cut fries.

### NUTRITION AND COOKING METHODS

**Serving size: 3 oz (84g/about 25 pieces)**  
**Servings per container: About 80**  
**Calories [per serving]: 210**

\* 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.

Amount per Serving		% Daily Value*
Total Fat	8.0g	10%
Saturated Fat	1.0g	5%
Trans Fat	0g	
Cholesterol	0.0mg	0%
Sodium	170.0mg	7%
Total Carbohydrate	34.0g	
Dietary Fiber	3.0g	11%
Total Sugars	8g	
Added Sugars	3.0g	6%
Protein	1.0g	
Vitamin D	0.0mcg	0%
Calcium	20.0mg	0%
Iron	0.72mg	4%
Potassium	280.0mg	4%

**Ingredients:** Sweet Potatoes, Vegetable Oil (Contains One or More of the Following: High Oleic Canola, Canola, Sunflower), Modified Food Starch (Corn, Tapioca, Potato), Sugar, Rice Flour, Corn Starch, Dextrin, Spice, Salt, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate), Oleoresin Paprika, Xanthan Gum.

**Grade:** A

**Kosher:** No

**Halal:** Yes

Cooking Method	Time	Temperature	Additional Instructions
			FOR FOOD SAFETY, FOLLOW COOKING INSTRUCTIONS ON THE PACKAGE. KEEP FROZEN – DO NOT THAW. For food safety, read and follow the cooking instructions as product must reach a minimum of 165F (74C) internal temperature as measured by a food thermometer in several spots.
Deep Fry	1 3/4 - 2 1/4 minutes	345-350F (174-177C)	Amount: 1 1/2 LB (680g). Deep fry from frozen state. Fill basket 1/2 full.
Conventional Oven	25 - 30 minutes	400F (205C)	Amount: 1 1/2 LB (680g). Arrange frozen product in a single layer on a baking sheet lined with aluminum foil or parchment paper. Turn product halfway through baking time.
Convection Oven	10 - 12 minutes	400F (205C)	Amount: 1 1/2 LB (680g). Arrange frozen product in a single layer on a baking sheet lined with aluminum foil or parchment paper. Turn product halfway through baking time.

## SHIPPING AND STORAGE

### Shipping Information

Item Number	L0095
GTIN	10044979120953
Net Weight	15.0 lb
Gross Weight	17.0 lb
Count Per Pound	N/A
Case Cube	0.87
Ti/Hi	9,12
Country of Origin	US
Shelf Life	720 days

### Handling Instructions

Do not drop. Handle like eggs. Perishable, keep frozen. Store at 0°F or colder.