



Item #: L0082

Lamb Weston® Sweet Potatoes Wavelength Fries™ Savory Seasoned

Brand: Lamb Weston®
Cut Size: Deep "V" Steak
Package Size: 3/5#

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 crispy crinkle cut provides more servings per case than thicker cuts in a classic, fun shape and is lightly coated in savory, seasoned batter for maximum hold time and crispiness.

OPERATOR BENEFITS



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



Crispy grooves have more edges that provide satisfying, extra crunch.



Thick cuts are sturdier and are less prone to breaking than thinner fries.

NUTRITION AND COOKING METHODS

Serving size: 3 oz (84g/about 7 pieces)
Servings per container: About 80
Calories [per serving]: 120

* 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 | 5.0g | 6% |
| Saturated Fat | 0.5g | 3% |
| Trans Fat | 0g | |
| Cholesterol | 0.0mg | 0% |
| Sodium | 330.0mg | 14% |
| Total Carbohydrate | 18.0g | |
| Dietary Fiber | 3.0g | 11% |
| Total Sugars | 6g | |
| Added Sugars | 3.0g | 6% |
| Protein | 1.0g | |
| Vitamin D | 0.0mcg | 0% |
| Calcium | 20.0mg | 0% |
| Iron | 0.5mg | 2% |
| Potassium | 160.0mg | 2% |

Ingredients: Sweet Potatoes, Vegetable Oil (Contains One or More of the Following: High Oleic Canola, Canola, Sunflower), Modified Food Starch (Potato, Corn), Cane Sugar, Corn Starch, Salt, Dextrin, Spices, Garlic Powder, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate), Onion Powder, Dried Yeast, Xanthan Gum, Oleoresin Paprika.

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 | 3 - 3 1/2 minutes | 345-350F (174-177C) | Amount: 1 1/2 LB (680g). Deep fry from frozen state. Fill basket 1/2 full. |
| Conventional Oven | 32 - 35 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 | L0082 |
| GTIN | 10044979120823 |
| Net Weight | 15.0 lb |
| Gross Weight | 17.0 lb |
| Count Per Pound | N/A |
| Case Cube | 0.72 |
| Ti/Hi | 9,15 |
| 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.