

USDA Foods Product Information Sheet

For Child Nutrition Programs



110562— Sweet Potatoes, Chunks, Frozen

Category: Vegetables
Subgroup: Red/Orange



PRODUCT DESCRIPTION

This item is U.S. Grade A sweet potato chunks with no salt added. This product is in pieces that are 1/2 to 1 inch cube cut. This item is delivered frozen in 30-pound cases containing six 5-pound packages.

CREDITING/YIELD

- One case provides about 139 1/2-cup servings of cooked sweet potatoes.
- CN Crediting: 1/2 cup cooked sweet potatoes provide 1/2 cup red/orange vegetable.

CULINARY TIPS AND RECIPES

- Sweet potato chunks can be roasted or baked and served as a side dish.
- Sweet potatoes can also be used in casseroles and stews or served with black beans and spices for a flavorful main dish.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or USDA's [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1/2 cup (87g) sweet potatoes, cooked, from frozen, no salt added

Amount Per Serving

Calories 88

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 7mg

Total Carbohydrate 21g

Dietary Fiber 1g

Sugars 8g

Protein 1g

Source: [USDA National Nutrient Database](#)

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.