



**Product Fact Sheet for  
Schools and Child Care Institutions**

<b>PRODUCT SPECIFICATION:</b>	<b>SWEET POTATOES / PREFORMED, FROZEN: Simplot Sweets® Sweet Potato Gems / SKU 10071179024361.</b> To be packed to U.S. Grade A standard, Preformed Gem. 0g Trans Fat per serving. No coating. Oven-bake and Deep Fat Fry Time. <b>PACK SIZE: 6/2.5 LB bags per case.</b>
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**NATIONAL SCHOOL MEAL PROGRAM YIELD AND CREDIT INFORMATION\***

FBG: Potato Products, frozen Rounds <sup>1</sup> Regular Size Includes USDA Foods	FBG Servings per LB	Servings per Bag	Servings per Case	Bags for 100 Servings
1.26 oz AP (frozen) provides one - ¼ cup serving of creditable vegetable	12.70	31.75	190.50	3.2
2.52 oz AP (frozen) provides one - ½ cup serving of creditable vegetable	6.35	15.87	95.22	6.4

Creditable Serving Size	Dark Green	Red/Orange	Starchy	Beans/Peas	Other or Additional	Meat Alt.
<b>¼ cup (about 4 pieces)</b>		¼ cup			¼ cup	
<b>½ cup (about 8 pieces)</b>		½ cup			½ cup	
<b>¾ cup</b>		¾ cup			¾ cup	
<b>1 cup</b>		1 cup			1 cup	

*\*Information above is provided for food, as purchased, using the USDA Food Buying Guide for Child Nutrition, January 2013 Update. Servings are approximate.*

NUTRITION INFORMATION	¼ cup	½ cup
Gram Weight (g)	<b>36</b>	<b>71</b>
Calories (kcal)	50	100
Calories from fat (kcal)	20	35
Fat (g)	2	4
Saturated Fat (g)	0	0.5
Trans Fat (g)	0	0
Cholesterol (mg)	0	0
Sodium (mg)	80	160
Potassium (mg)	-	-
Carbohydrates (g)	7	14
Dietary Fibers (g)	1	2
Total Sugars (g)	4	8
Protein (g)	1	2
Vitamin A (IU)	2101.2	4202.4
Vitamin C (mg)	2.52	5.04
Calcium (mg)	11.79	23.58
Iron (mg)	0.63	1.26

**INGREDIENT STATEMENT:**

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).

**ALLERGEN INFORMATION:**

N/A

**FOOD SENSITIVITY INFORMATION:**

Gluten-free.

**PREPARATION INSTRUCTIONS:** See [www.simplotfoods.com](http://www.simplotfoods.com) for additional preparation instructions.

<b>CONVECTION OVEN:</b>	Preheat oven to 350°F. Arrange gems in a single layer on a sheet pan. Bake for 15-18 minutes.
<b>STANDARD OVEN:</b>	Preheat oven to 400°F. Arrange gems in a single layer on a sheet pan. Bake for 18-24 minutes.
<b>COMBI OVEN:</b>	Preheat oven to 375°F. Set Fan to 75% and Steam to 20%. Arrange one bag of gems on a full-size sheet pan. Bake for 11-16 minutes.

<b>CASE PACK:</b>			
<b>Dimensions (LxWxH):</b>	16" x 13" x 6.125"	<b>Pallet (TI/Hi):</b>	9 x 11
<b>Shelf Life (days):</b>	720 @ 0°F	<b>Gross Weight (LB):</b>	17.00

I certify that the above information is true and correct as of June 4, 2013.

Shawanda Brown, Regulatory Affairs and Nutrition Manager

**J.R. Simplot Company / Food Group Technical Center**

Phone: (208) 454-4659 / Fax: (208) 454-4636 / Mailing Address: P. O. Box 1059, Tech Center, Caldwell, ID 83606-1059