



USDA Foods in Schools

100317 - Sweet Potatoes, Light Syrup, Canned

Category: **Vegetables**

Subgroup: **Red/Orange**



Product Description

- This item is U.S. Grade A canned sweet potatoes that contain whole, halved, or pieces of sweet potatoes packed in light syrup with no added salt. This product is available in cases containing six #10 cans.

Crediting/Yield

- One case yields about 101 ½-cup servings of heated, drained sweet potatoes.
- CN Crediting: ½ cup of heated sweet potatoes credit as ½ cup red/orange vegetable.

Culinary Tips and Recipes

- Heat the sweet potatoes and serve plain or add spices, nuts, or dried fruit.
- Canned sweet potatoes in syrup may be used in soups, casseroles, or in baked goods such as sweet potato bread or muffins.
- 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](#).

Visit us at www.fns.usda.gov/usda-fis

Nutrition Facts

Serving size: 1/2 cup (130g) sweet potatoes, canned, light syrup

Amount Per Serving

Calories 98

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 10mg

Total Carbohydrate 24g

Dietary Fiber 1g

Sugars 13g

Protein 0g

Source: USDA Foods Vendor Labels

Allergen Information: Product is not permitted to contain any of the 8 major allergens designated by the FDA. Please refer to allergen statement on the outside of the product package to verify that no allergens are listed.

Nutrient values in this section are from the USDA Food Composition Database 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.