



USDA Foods in Schools

110562 - Sweet Potatoes, Cubes, Frozen

Category: **Vegetables**

Subgroup: **Red/Orange**



Product Description

- This item is U.S. Grade A sweet potatoes cut into 1/2 to 1 inch cubes with no added salt. This item is delivered frozen in cases containing six 5-pound packages.

Crediting/Yield

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

Culinary Tips and Recipes

- Sweet potatoes can be roasted and used as a component of a burrito, power bowl, or be served as a side dish with seasonings such as cinnamon, garlic powder, paprika, or curry to provide a unique flavor.
- 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 (88g) sweet potatoes, frozen, cooked, without salt

Amount Per Serving

Calories 88

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 7mg

Total Carbohydrate 21g

Dietary Fiber 2g

Sugars 8g

Protein 2g

Source: [USDA FoodData Central](#)

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

Nutrient values in this section are from the USDA FoodData Central 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.