



## USDA Foods in Schools

### 110721 - Sweet Potatoes, Crinkle Cut Fries, Frozen

Category: **Vegetables**

Subgroup: **Red/Orange**



#### Product Description

- This item is U.S. Grade A sweet potato crinkle cut oven fries. Each piece is approximately 2 inches in length or longer and the product is low-sodium. This item is delivered frozen in cases with six 5-pound packages.

#### Crediting/Yield

- One case provides about 165 ½-cup servings of cooked sweet potato fries.
- CN Crediting: ½ cup cooked sweet potato fries credit as ½ cup red/orange vegetable.

#### Culinary Tips and Recipes

- Sweet potato fries can be oven baked and 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](#).

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### Nutrition Facts

Serving size: 1/2 cup (69g) sweet potato crinkle cut fries

#### Amount Per Serving

**Calories** 150

**Total Fat** 8g

Saturated Fat 2g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 125mg

**Total Carbohydrate** 19g

Dietary Fiber 3g

Sugars 3g

**Protein** 1g

Source: USDA Foods Vendor Labels

**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.