

FRESH-CUT Sweet Potatoes



Crinkle Cut Sweet Potatoes



Sweet Potato Cubes



Mann's Sweet Potatoes are a great addition to any appetizer or side dish menu. Grown in the Central Valley of California, Mann's uses the well known orange fleshed variety, packing ultimate sweet flavor and vibrant color. Why Fresh-Cut? Mann's Sweet Potatoes are washed, peeled, cut and ready to eat. Storage space is maximized, and they offer product consistency in cut, prep, availability and price.

FEATURES & BENEFITS

- Minimal preparation time
- Great source of Vitamin E and fat free
- Other sources of Vitamin E contain fats from vegetable oils and nuts
- Good source of dietary fiber, which helps promote a healthy digestive system
- One cup of cooked sweet potatoes provides 30 mg (50,000 IU) of Beta Carotene
- Labor saving
- Zero waste
- Ready to eat
- No additives or preservatives

YIELD & APPLICATION

- Versatile for use in appetizers, side dishes and salads
- Provides a healthy alternative to the traditional French fry
- 100% yield
- Product can be used hot or cold
- Great on college campuses and in family style restaurants
- Toss with olive oil and roast
- Scramble with eggs for a complete breakfast
- Grill and season for the perfect American side dish

Nutrition Facts

About 4 servings per container	
Serving size	1 cup (110g)
Amount per serving	90
Calories	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 22g	8%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 33mg	2%
Iron 1mg	6%
Potassium 371mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PRODUCT SPECIFICATIONS

ITEM	PACK SIZE	MANN'S CODE NO.	CARTON SIZE (L X W X H)	CUBE	TIE/HIGH	CARTONS PALLET	NET WT.
Sweet Potato Cubes	6 x 16 oz	04305	13.75 x 10.025 x 5.75	.36	10/12	210	6 lbs
Crinkle Cut Sweet Potatoes	6 x 22 oz	04324	11.875 x 11.875 x 6.25	.52	10/14	140	8.25 lbs

HANDLING INFORMATION

- Refrigerate upon delivery
- Store at 34° F
- Keep dry
- Rotate first in, first out
- Shelf life 16 days

FOODSERVICE RECIPES AVAILABLE

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