

USDA Foods Product Information Sheet

For Child Nutrition Programs



100343— Sweet Potatoes, Fresh, Whole

Category: Vegetables
Subgroup: Red/Orange



PRODUCT DESCRIPTION

This item is U.S. Grade 1 fresh, whole sweet potatoes. This product is available in 40 pound cartons.

CREDITING/YIELD

- One case yields about 182 ½-cup servings of cooked, sliced sweet potatoes or 110 ½-cup servings of cooked, mashed sweet potatoes.
- CN Crediting: ½ cup cooked sweet potatoes credit as ½ cup red/orange vegetable.

CULINARY TIPS AND RECIPES

- Fresh sweet potatoes can be roasted, mashed, baked, or prepared in a casserole as a nutritious side dish.
- Sweet potatoes can also be added to other foods such as soups, casseroles, whole grain pastas, and chicken dishes.
- Offering sweet potatoes in a variety of forms can help schools meet the red/orange vegetable requirements in the updated school meal patterns.
- To find culinary techniques and many recipe ideas visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1/2 cup (100g) sweet potatoes, baked in skin, without salt

Amount Per Serving

Calories 90

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 36mg

Total Carbohydrate 21g

Dietary Fiber 3g

Sugars 6g

Protein 2g

Source: [USDA National Nutrient Database](#)

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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.