



# MASHED SWEET POTATOES

Homestyle mashed sweet potatoes sweetened with a hint of maple syrup and butter.

- Great side dish to your favorite entrée
- Display on a large flat platter in service deli case
- Serve with Gourmet Boutique's Grilled Chicken or Chicken Cutlet
- Prepackaged in the Grab'N'Go Section

## HEATING INSTRUCTIONS

MICROWAVE OVEN: 2 to 3 minutes or until hot  
(or until internal temperature is 165°F as indicated by a calibrated cooking thermometer)

OVEN: Preheat oven to 350°F and reheat for 15 to 20 minutes  
(or until internal temperature is 165°F as indicated by a calibrated cooking thermometer)

## INGREDIENTS

**Sweet Potatoes, Maple Flavored Syrup** (Corn Syrup, Water, Sugar, Contains 2% Or Less Of: Salt, Natural And Artificial Flavor, Sodium Hexametaphosphate, Sodium Benzoate And Sorbic Acid [Preservatives], Caramel Color, Phosphoric Acid), **Butter Blend** (Canola, Palm, and/or Soybean Oil, Partially Hydrogenated Soybean Oil, Water, Butter, Salt, Sweet Cream Buttermilk Solids, Lecithin, Vegetable Lecithin, Mono & Diglycerides, Sodium Benzoate and Potassium Sorbate [Preservatives], Artificial Butter Flavor, Colored with Beta Carotene, Vitamin A Palmitate), **Sugar, Salt, Carrageenan, Methyl Cellulose, Cinnamon.**

*Contains Milk.*

## Nutrition Facts

varies servings per container	
Serving size	1 cup(100g)
Amount per serving	
Calories	110
% Daily Value*	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 250mg	<b>11%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 9g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 1mg	6%
Potassium 205mg	4%

\*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.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

FROZEN - NEW YORK & ARIZONA

UPC #: **7-06129-07052-7**      TI/HI: **14x10**  
 PACK SIZE: **2/6 LB**      GR WEIGHT: **12.70 LB**  
 BOX L/W/H: **13.07" x 10.45" x 7.02"**      SHELF LIFE: **min. 90 days (7 from slack)**  
 CUBE: **0.56**      NET WT: **12 LB**



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**SEASONAL ITEM:**  
Available September 1 to December 31