



**Bright Harvest Sweet Potato Company
9034 Battered Sweet Potato Chunks**

Ingredients: Sweet Potatoes, Canola Oil (Citric Acid as a preservative), Unbleached Wheat Flour, Unmodified Wheat Starch, Sea Salt, Extractives of Paprika (Color), Guar Gum.

Contains: Wheat

Nutrition Facts	
Serving Size (100g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 70
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	% Daily Value*
Total Fat 7g	11%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Sugars 11g	
Protein 2g	
Vitamin A 110% • Vitamin C 8%	
Calcium 2% • Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
Serving Size 1cup (110g)	
Servings Per Container about 21	
Amount Per Serving	
Calories 180	Calories from Fat 70
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	% Daily Value*
Total Fat 8g	12%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	12%
Sugars 12g	
Protein 2g	
Vitamin A 120% • Vitamin C 10%	
Calcium 2% • Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
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Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

OVEN DIRECTIONS:

Conventional Oven: Preheat oven to 425⁰ F. Spread frozen sweet potato chunks in a single layer on a baking sheet. Bake for 18-20 minutes or until desired crispness is achieved. For best results use a spatula to turn over the chunks about 10 minutes into the baking time.

Convection Oven: Preheat oven to 425⁰ F. Spread frozen sweet potato chunks in a single layer on a baking sheet. Bake for 16-18 minutes or until desired crispness is achieved. For best results use a spatula to turn over the chunks about 10 minutes into the baking time.

NOTE: The cooking times are suggested. Individual ovens vary in cooking time. Continue baking until desired crispness is obtained.

FRYER: Deep Fry at 350⁰ F. for approx. 2- 2-1/2 minutes until crisp.