

A222 – SWEET POTATOES, CANNED, MASHED, #10



Nutrition Information

Sweet potatoes, mashed, no salt added

	¼ cup (64 g)	½ cup (128 g)
Calories	64	129
Protein	1.26 g	2.52 g
Carbohydrate	14.78 g	29.57 g
Dietary Fiber	1.1 g	2.2 g
Sugars	3.47 g	6.95 g
Total Fat	0.13 g	0.26 g
Saturated Fat	0.03 g	0.05 g
<i>Trans</i> Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.85 mg	1.70 mg
Calcium	19 mg	38 mg
Sodium	48 mg	96 mg
Magnesium	15 mg	31 mg
Potassium	134 mg	268 mg
Vitamin A	5546 IU	11091 IU
Vitamin A	277 RAE	555 RAE
Vitamin C	3.3 mg	6.6 mg
Vitamin E	0.69 mg	1.39 mg

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U. S. Grade A, sweet potatoes either golden, yellow, or mixed, mashed, canned.
PACK/YIELD	<ul style="list-style-type: none"> 6/#10 cans per case. Each can contains about 109 oz (12¼ cups) mashed sweet potatoes. One #10 can AP yields about 12¼ cups heated, mashed sweet potatoes and provides about 49.1 ¼-cup servings heated vegetable. CN Crediting: ¼ cup heated, mashed sweet potatoes provides ¼ cup vegetable.
STORAGE	<ul style="list-style-type: none"> Store unopened canned mashed sweet potatoes in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. Store opened can of mashed sweet potatoes covered and labeled in a dated nonmetallic container under refrigeration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. Use a clean and sanitized can opener. CONVENTIONAL OVEN: Bake at 350 °F for 1 hour and 30 minutes until internal temperature reaches at least 160 °F. Add one or more seasonings, such as cinnamon, grated lemon rind, or grated orange rind. Add raisins or drained canned fruit before heating for more flavor.



USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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<p>PREPARATION/ COOKING INSTRUCTIONS (cont'd)</p>	<ul style="list-style-type: none"> • STEAMER: A 12" x 20" x 2½" pan will hold the contents of two #10 cans. Heat in steamer at 5 lb pressure for 3 minutes or long enough to bring to serving temperature. PLEASE NOTE: STEAMER IS NOT A STEAMTABLE. • Canned vegetables should be heated only to serving temperature and served soon after heating. Canned green peas will become overcooked when held too long on a hot steamtable or in a holding cabinet. Schedule heating of canned sweet potatoes to serve soon after heating.
<p>USES AND TIPS</p>	<ul style="list-style-type: none"> • Heat mashed sweet potatoes with added spices, other vegetables or fruits. They may be used in soups or in baked goods such as sweet potato pie or sweet potato bread.
<p>FOOD SAFETY INFORMATION</p>	<ul style="list-style-type: none"> • As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time. • Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds. • NEVER USE food from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
<p>BEST IF USED BY GUIDANCE</p>	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.