

# USDA Foods Product Information Sheet

For Child Nutrition Programs



## 100317— Sweet Potatoes, Extra Light Syrup, Canned

**Category:** Vegetables  
**Subgroup:** Red/Orange



### PRODUCT DESCRIPTION

This item is U.S. Grade A canned sweet potatoes that contains whole, halved, or pieces of sweet potatoes packed in extra light syrup. This product is available in cases containing six #10 cans.

### CREDITING/YIELD

- One case yields about 101 ½-cup servings of heated, drained sweet potatoes.
- CN Crediting: ½ cup cooked sweet potatoes credit as ½ cup red/orange vegetable.

### CULINARY TIPS AND RECIPES

- Heat the sweet potatoes and serve plain or add spices, nuts, or dried fruit.
- Canned sweet potatoes in syrup may be used in soups, casseroles, or in baked goods such as sweet potato bread or muffins.
- To find culinary techniques and 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 (114g) sweet potatoes, canned, extra light syrup

#### Amount Per Serving

**Calories 103**

**Total Fat** 0g

Saturated Fat 0g

*Trans* Fat 0g

**Cholesterol** 0mg

**Sodium** 31mg

**Total Carbohydrate** 25g

Dietary Fiber 2g

Sugars 14g

**Protein** 0g

Source: USDA Foods Vendor Labels

**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.