



Item #: FC002

## Lamb Weston® Fully Cooked - Heat & Serve Shredded IQF Potatoes

Brand: Lamb Weston® Fully Cooked - Heat & Serve  
Cut Size: IQF Shred .095 - .115  
Package Size: 6/3#

Medium-sized shreds with great authentic potato flavor and texture. Easy addition to a variety of recipes without the hassle or mess of dehydrated shreds. These shreds are ready to cook right from the bag, providing big savings on time and labor without sacrificing real potato flavor.

### OPERATOR BENEFITS



This product does not require a cooking step for food safety.



This product can be refrigerated <40F (<5C) up to 48 hours if unopened.



Save time and labor by replacing back-of-house cutting, peeling, and prepping with a ready-to-go solution right out of the freezer.



Real baked potato flavor and texture in every bite.

### NUTRITION AND COOKING METHODS

**Serving size: 3/4 Cup (75g)**  
**Servings per container: About 108**  
**Calories [per serving]: 50**

\* The % Daily Value (DV) 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.

Amount per Serving		% Daily Value*
Total Fat	0.0g	0%
Saturated Fat	0.0g	0%
Trans Fat	0g	
Cholesterol	0.0mg	0%
Sodium	20.0mg	1%
Total Carbohydrate	11.0g	
Dietary Fiber	1.0g	4%
Total Sugars	less than 1g	
Added Sugars	0.0g	0%
Protein	1.0g	
Vitamin D	0.0mcg	0%
Calcium	10.0mg	0%
Iron	0.4mg	2%
Potassium	170.0mg	2%

**Ingredients:** Potatoes, Disodium Dihydrogen Pyrophosphate (to promote color retention), Dextrose.

**Grade:** A  
**Kosher:** No  
**Halal:** Yes

<b>Cooking Method</b>	<b>Time</b>	<b>Temperature</b>	<b>Additional Instructions</b>
Preparation			This product is fully cooked. May serve thawed or heat in a conventional oven, convection oven, quick cook oven, microwave, or on a flat grill.
Flat Grill	6 - 9 minutes	350°F - 400°F	Add 3-5 Tablespoons of oil onto grill. Spread 1/2 bag of IQF shred (approx. 8 oz.) evenly over the oil. Grill for 4-6 mins. Add 1-3 Tablespoons of oil over shreds just prior to flipping. Flip and heat for 2-3 more minutes.

## SHIPPING AND STORAGE

### Shipping Information

Item Number	FC002
GTIN	10044979122414
Net Weight	18.0 lb
Gross Weight	20.0 lb
Count Per Pound	N/A
Case Cube	1.03
Ti/Hi	9,10
Country of Origin	US
Shelf Life	540 days