

McCain® HARVEST SPLENDOR™ SWEET POTATO DEEP GROOVE CRINKLE CUT FRENCH FRIES
USDA School Lunch Meal Planning Nutrition Facts
MCF04566

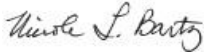
NUTRITION FACTS			
Serving Size 3.17 oz. (90g) FROZEN *			
Amount per Serving			
Calories 120		Calories from Fat 40	
% Daily Value*			
Total Fat 4.5g			7%
Saturated Fat 0.5g			3%
Trans Fat 0g			
Polyunsaturated Fat 2g			
Monounsaturated Fat 2g			
Cholesterol 0mg			0%
Sodium 180mg			8%
Potassium 230mg			7%
Total Carbohydrate 17g			6%
Dietary Fiber 3g			12%
Sugars 5g			
Protein 2g			
Vitamin A	70%	Vitamin C	4%
Calcium	2%	Iron	2%
<p>INGREDIENTS: Sweet Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Corn Starch - Modified, Potato Starch - Modified. Contains 2% or less of Dextrin, Extractives of Paprika and Turmeric (color), Fiber (Pea, Corn), Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Molasses Powder (Refiners Syrup, Molasses), Rice Flour, Salt, Sodium Acid Pyrophosphate Added To Maintain Natural Color, Sugar, Xanthan Gum.</p>			

* Per FBG, one serving portion (1/2 cup cooked vegetable) equals 3.17 oz of McCain sweet potato crinkle cut fries.

* This information is based off of actual nutritional data results from 03/14/16.

I certify that this information is true and correct.

1/25/2017
Date


 Nicole L. Bartz
 Research and Development

USDA Food Buying Guide (FBG) for Child Nutrition Programs (Mar. 2016 Update)			
Product: Potatoes, Sweet, Fries, Frozen, Crinkle cut includes USDA Foods. (Page 2, entry 4)			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100
1 Pound	11.0	1/4 cup cooked vegetable	9.1

McCain Equivalent per Bag			
FBG serving sizes adjusted to accommodate batter; batter not part of vegetable serving.			
McCain Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	McCain Purchase Units for 100
2.5 Pounds	12.51	1/2 cup cooked vegetable	7.99

McCain Equivalent per Case			
FBG serving sizes adjusted to accommodate batter; batter not part of vegetable serving.			
McCain Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	McCain Purchase Units for 100
15 Pounds (6 Bags per Case)	75.06	1/2 cup cooked vegetable	1.33

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable	Multiply	FBG Yield /Servings	Creditable Amount*
Potatoes, french fries, crinkle	2.91 oz by weight	X	11.0 / 16	2.000
A. Total Creditable Amount				2.000

* Creditable Amount - Multiply ounces per raw portion of creditable ingredient by the FBG Yield Information.

Using the quarter cup to cup conversion chart below to calculate the quarter cup creditable amount.

Quarter Cup to Cup Conversion:		
0.5 Quarter Cups = 1/8 Cup	1.5 Quarter Cups = 3/8 Cup	2.5 Quarter Cups = 5/8 Cup
1.0 Quarter Cups = 1/4 Cup	2.0 Quarter Cups = 1/2 Cups	3.0 Quarter Cups = 3/4 Cup