



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



**Meets Smart Snack Qualification:** No  
**Meets Buy American Qualification:** Yes  
**Country of Origin:** USA  
**Religious Certification(s):** Kosher, Halal

# Nutrition Facts

about 74 servings per container

**Serving Size** 3.25 oz (92g)

**Amount Per Serving**

**Calories** 170

|                            |              | % DV* |
|----------------------------|--------------|-------|
| <b>Total Fat</b>           | 7g           | 9%    |
| Saturated Fat              | 1g           | 5%    |
| Trans Fat                  | 0g           |       |
| Polyunsaturated Fat        | 3g           |       |
| Monounsaturated Fat        | 3g           |       |
| <b>Cholesterol</b>         | 0mg          | 0%    |
| <b>Sodium</b>              | 260mg        | 11%   |
| <b>Total Carbohydrates</b> | 26g          | 9%    |
| Dietary Fiber              | 1g           | 4%    |
| Total Sugars               | 8g           |       |
| Includes 0.79916352g       | Added Sugars | 2%    |
| <b>Protein</b>             | 1g           |       |
| Vitamin D                  | 0mcg         | 0%    |
| Calcium                    | 30mg         | 2%    |
| Iron                       | 0.4mg        | 2%    |
| Potassium                  | 290mg        | 6%    |
| Vitamin A                  | 180mcg       | 20%   |

\* 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.

**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 Baking Soda, Dextrin, Extractives of Paprika and Turmeric (color), Fiber (Pea, Corn), Molasses Powder (Refiners Syrup, Molasses), Rice Flour, Salt, Sodium Acid Pyrophosphate (Maintains Natural Color & Leavening), Sugar, Xanthan Gum.

\* Per FBG, one frozen serving portion (1/2 cup cooked vegetable) equals 3.25 oz of McCain sweet potato crinkle cut fries.

| USDA Food Buying Guide (FBG) for Child Nutrition Programs                |                                 |   |                                      |
|--|---------------------------------|---|--------------------------------------|
| Product: Sweet Potatoes, Fries, Frozen, Crinkle cut includes USDA Foods. |                                 |   |                                      |
| USDA Purchase Unit   | USDA Servings per Purchase Unit | USDA Serving Size per Meal Contribution | USDA Purchase Units for 100 Servings |
| 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 Servings |
| 2.5 Pounds  | 12.31                           | 1/2 cup cooked vegetable                | 8.12                                   |

| 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 Servings |
| 15 Pounds (6 Bags per Case)   | 73.85                           | 1/2 cup cooked vegetable                | 1.35                                   |

| Description of Creditable Ingredients per Food Buying Guide (FBG) | Ounces/ raw portion of creditable ingredient | multiply | FBG yield /servings /unit | Creditable Amount** |
|---|--|----------|---------------------------|---------------------|
| Potatoes, french fries,   | 2.91 oz by weight                            | X        | 11.0 / 16                 | 2.000               |
| A. Total Creditable Amount  |  |          |                           | 2.00                |

\*\*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 Ct | 1.5 Quarter Cups = 3/8 Cup | 2.5 Quarter Cups = 5/8 Cu  |
| 1.0 Quarter Cups = 1/4 Ct | 2.0 Quarter Cups = 1/2 Cup | 3.0 Quarter Cups = 3/4 Cup |

I certify that this information is true and correct.

6/13/2023  
Date

Shianne L. Waye  
Research and Development