



McCain® REGULAR POTATO SKINS
 USDA School Lunch Meal Planning Nutrition Facts
 MCF03602

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



Nutrition Facts	
about 94 servings per container	
Serving Size	2.89 oz / about 2 skins (82g)
Amount Per Serving	
Calories	160
	% DV*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrates 38g	14%
Dietary Fiber 6g	21%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 6mg	30%
Potassium 470mg	10%

*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: Potatoes.
 Per FBG, one frozen serving portion (1/2 cup baked vegetable) equals 2.89 oz. of McCain potatoes. Approximately 2 skins per 1/2 cup serving. (The total gram amount of 2 skins must equal 82 grams).

USDA Food Buying Guide (FBG) for Child Nutrition Programs			
Product: Potatoes, frozen, Shells			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100 Servings
1 Pound	11.1	1/4 cup baked vegetable	9.1

McCain Equivalent per Bag			
FBG serving sizes adjusted to accommodate seasoning; seasoning 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
4.25 Pounds	23.59	1/2 cup baked vegetable	4.24

McCain Equivalent per Case			
FBG serving sizes adjusted to accommodate seasoning; seasoning 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
17 Pounds (6 Bags per Case)	94.35	1/2 cup baked vegetable	1.06

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable Ingredient**	Multiply	FBG Yield /Servings per Unit	Creditable Amount*
Potato products, frozen, skins,	2.89 oz by weight	X	11.1 / 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

I certify that this information is true and correct.

3/7/2023
 Date

Karen Ripstein
 Research and Development