



McCain® Mash Makers® Reduced Sodium Seasoned Mashed Potatoes
USDA School Lunch Meal Planning Nutrition Facts
 100002870

NUTRITION FACTS			
Serving Size 4.342 oz. (123g) FROZEN *			
Amount per Serving			
Calories 110	Calories from Fat 25		
% Daily Value*			
Total Fat 3g			5%
Saturated Fat 1g			5%
Trans Fat 0g			
Polyunsaturated Fat 1.5g			
Monounsaturated Fat 0.5 g			
Cholesterol 0mg			0%
Sodium 190mg			8%
Potassium 210mg			6%
Total Carbohydrate 18g			6%
Dietary Fiber 2g			8%
Sugars 0g			
Protein 2g			
Vitamin A 0%	Vitamin C < 2%	Calcium 2%	Iron 4%
INGREDIENTS: Potatoes, Water, Contains 2% or less of Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Locust Bean Gum), Creamer (Whey, Milk Protein Concentrate), Modified Cellulose, Salt, Sodium Acid Pyrophosphate Added To Maintain Natural Color, Spices, Vegetable Oil (Soybean And/Or Canola), Whole Milk Powder (Pasteurized Skim Milk, Cream).			
CONTAINS: Milk.			

* Per FBG, one serving portion (1/2 cup heated vegetable) equals 4.342 oz of McCain patties.

I certify that this information is true and correct.

USDA Food Buying Guide (FBG) for Child Nutrition Programs (Jan. 2013 Update)			
Product: Potato Products, frozen, Mashed (pg. 2-49)			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100 Servings
1 Pound	7.37	1/4 cup heated vegetable	13.6

McCain Equivalent per Bag			
Product: Potato Products, frozen, Mashed (pg. 2-49)			
McCain Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	McCain Purchase Units for 100 Servings
4 Pounds	14.74	1/2 cup heated vegetable	6.78

McCain Equivalent per Case			
Product: Potato Products, frozen, Mashed (pg. 2-49)			
McCain Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	McCain Purchase Units for 100 Servings
24 Pounds (6 Bags per Case)	88.44	1/2 cup heated vegetable	1.13

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, Mashed	4.342 oz by weight	X	7.37 / 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

9/21/2017
Date

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