



**McCain® REDSTONE CANYON® SPIRAL CUT FRENCH FRIES**  
**USDA School Lunch Meal Planning Nutrition Facts**  
**MCL03622**

<b>NUTRITION FACTS</b>			
Serving Size 2.12 oz. (60g) <b>FROZEN</b> *			
<b>Amount per Serving</b>			
Calories 110	Calories from Fat 50		
% Daily Value*			
<b>Total Fat</b> 5.5g			<b>8%</b>
Saturated Fat 0.5g			<b>3%</b>
<i>Trans</i> Fat 0g			
Polyunsaturated Fat 2.5g			
Monounsaturated Fat 2g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 250mg			<b>10%</b>
<b>Potassium</b> 170mg			<b>5%</b>
<b>Total Carbohydrate</b> 14g			<b>5%</b>
Dietary Fiber contains less than 1 %			<b>&lt;4%</b>
Sugars 0g			
<b>Protein</b> 1g			
Vitamin A 2%	Vitamin C 6%		
Calcium 0%	Iron <2%		

INGREDIENTS: Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Bleached Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid). Contains 2% or less of Caramel Color, Cocoa Powder (Processed With Alkali), Degermed Yellow Corn Meal, Dextrin, Dextrose, Garlic Powder, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Natural Garlic Flavor, Onion Powder, Paprika Extract (color), Rice Flour, Salt, Sodium Acid Pyrophosphate Added To Maintain Color, Spices, Tapioca Starch, Tapioca Starch - Modified, Xanthan Gum.

\* Per FBG, one serving portion (1/2 cup cooked vegetable) equals 2.12 oz of McCain battered fries.

I certify that this information is true and correct.

12/14/2017  
Date

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Research and Development

<b>USDA Food Buying Guide (FBG) for Child Nutrition Programs (Jan. 2013 Update)</b>			
Product: Potatoes, French Fries, frozen, Curly (1/3-inch width) (pg. 2-48)			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100 Servings
1 Pound	16.2	1/4 cup cooked vegetable	6.2

<b>McCain Equivalent per Bag</b>			
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
4 Pounds	29.95	1/2 cup cooked vegetable	3.34

<b>McCain Equivalent per Case</b>			
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
24 Pounds (6 Bags per Case)	179.7	1/2 cup cooked vegetable	0.56

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, FF, frozen, curly	1.976 oz by weight	X	16.2/ 16	2.000
<b>A. Total Creditable Amount</b>				<b>2.000</b>

\* 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