



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

Nutrition Facts	
about 89 servings per container	
Serving size	4.342 oz. (123g)
Amount Per Serving	
Calories	120
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol Less than 5mg	1%
Sodium 105mg	4%
Total Carbohydrates 23g	8%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.3mg	0%
Potassium 350mg	8%

* 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, 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).

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

USDA Food Buying Guide (FBG) for Child Nutrition Programs			
Product: Potato Products, frozen, Mashed			
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			
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 Pounds	14.74	1/2 cup heated vegetable	6.78

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
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	

I certify that this information is true and correct.

9/7/2021

Shannon Racette
 Research and Development