



McCain® HARVEST SPLENDOR™ SWEET POTATO STRAIGHT CUT FRENCH FRIES
 USDA School Lunch Meal Planning Nutrition Facts
 MCF03725

Nutrition Facts

about 79 servings per container

Serving Size **3.03 oz (86g)**

Amount Per Serving

Calories **160**

		% DV*
Total Fat	7g	9%
Saturated Fat	1g	5%
Trans Fat	0g	
Polyunsaturated Fat	3g	
Monounsaturated Fat	2.5g	
Cholesterol	0mg	0%
Sodium	190mg	8%
Total Carbohydrates	23g	8%
Dietary Fiber	1g	4%
Total Sugars	7g	
Includes 0.67676066g Added Sugars		1%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	30mg	2%
Iron	0.4mg	2%
Potassium	270mg	6%

* 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 3.03 oz of sweet potato straight cut fries.

USDA Food Buying Guide (FBG) for Child Nutrition Programs			
Product: Sweet Potatoes, Fries, Frozen, Straight Cut			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100 Servings
1 Pound	11.5	1/4 cup cooked vegetable	8.7

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	13.12	1/2 cup cooked vegetable	7.62

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)	78.72	1/2 cup cooked vegetable	1.27

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces/ raw portion of creditable ingredient	multiply	FBG yield /servings /unit	Creditable Amount**
Potato French Fries, frozen	2.79oz by weight	X	11.5/16	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 Cup	3.0 Quarter Cups = 3/4 Cup

I certify that this information is true and correct.

9/2/2021
Date

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