



**McCain® HARVEST SPLENDOR™ SWEET POTATO DEEP GROOVE CRINKLE CUT FRENCH FRIES**  
**USDA School Lunch Meal Planning Nutrition Facts**  
**MCF04566**

| <b>Nutrition Facts</b>             |                       |
|------------------------------------|-----------------------|
| 12.46 servings per container       |                       |
| <b>Serving size</b>                | <b>3.21 oz (91g)</b>  |
| <b>Amount Per Serving</b>          |                       |
| <b>Calories</b>                    | <b>170</b>            |
|                                    | <b>% Daily Value*</b> |
| <b>Total Fat</b> 7g                | 9%                    |
| Saturated Fat 1g                   | 5%                    |
| Trans Fat 0g                       |                       |
| Polyunsaturated Fat 3g             |                       |
| Monounsaturated Fat 3g             |                       |
| <b>Cholesterol</b> 0mg             | 0%                    |
| <b>Sodium</b> 260mg                | 11%                   |
| <b>Total Carbohydrates</b> 25g     | 9%                    |
| Dietary Fiber 1g                   | 4%                    |
| Total Sugars 8g                    |                       |
| Includes Less than 1g Added Sugars | 2%                    |
| <b>Protein</b> 1g                  |                       |
| Vitamin D 0mcg                     | 0%                    |
| Calcium 30mg                       | 2%                    |
| Iron 0.5mg                         | 2%                    |
| Potassium 280mg                    | 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.

**Ingredient Statement: Standard**

**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 serving portion (1/2 cup cooked vegetable) equals 3.21 oz of McCain sweet potato crinkle cut fries.

| <b>USDA Food Buying Guide (FBG) for Child Nutrition Programs</b>         |                                 |                            |                                      |
|--|---------------------------------|----------------------------|--------------------------------------|
| Product: Sweet Potatoes, Fries, Frozen, Crinkle cut includes USDA Foods. |                                 |                            |                                      |
| USDA Purchase Unit   | USDA Servings per Purchase Unit | USDA Serving Size per Meal | USDA Purchase Units for 100 Servings |
| 1 Pound  | 11.0                            | 1/4 cup cooked vegetable   | 9.1                                  |

| <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 | McCain Purchase Units for 100 Servings |
| 2.5 Pounds  | 12.46                           | 1/2 cup cooked vegetable   | 8.12                                   |

| <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 | McCain Purchase Units for 100 Servings |
| 15 Pounds (6 Bags per Case)   | 74.76                           | 1/2 cup cooked vegetable   | 1.35                                   |

| Description of Creditable Ingredients per Food Buying Guide (FBG) | Ounces per Raw Portion of Creditable Ingredient** | Multiply | FBG Yield /Servings per Unit | Creditable Amount* |
|---|---|----------|------------------------------|--------------------|
| Potatoes, french fries, crinkle                                   | 2.91 oz by weight                                 | X        | 11.0 / 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 Cup | 3.0 Quarter Cups = 3/4 Cup |

I certify that this information is true and correct.

3/3/2020  
Date

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