



# Nutrition Facts

about 181 servings per container

**Serving Size** 2.1 oz (60g)

**Amount Per Serving**

**Calories** 110

		% DV*
<b>Total Fat</b>	6g	8%
Saturated Fat	1g	5%
Trans Fat	0g	
Polyunsaturated Fat	2.5g	
Monounsaturated Fat	2g	
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	250mg	11%
<b>Total Carbohydrates</b>	14g	5%
Dietary Fiber	< 1g	3%
Total Sugars	< 1g	
Includes 0g Added Sugars		0%
<b>Protein</b>	1g	
Vitamin D	0mcg	0%
Calcium	10mg	0%
Iron	0.3mg	0%
Potassium	170mg	4%

\* 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, 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.  
**Contains:** Wheat

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

## McCAIN® REDSTONE CANYON® SPIRAL CUT FRENCH FRIES USDA School Lunch Meal Planning Nutrition Facts MCL03622

USDA Food Buying Guide (FBG) for Child Nutrition Programs			
Product: Potatoes, French Fries, frozen, Curly (1/3-inch width)			
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

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
4 Pounds	29.95	1/2 cup cooked vegetable	3.34

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
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

I certify that this information is true and correct.

11/4/2021  
Date

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