



McCain® HARVEST SPLENDOR™ SAVORY SWEET POTATO FRY 5/16"
USDA School Lunch Meal Planning Nutrition Facts
 100004309

NUTRITION FACTS	
Serving Size 3.09 oz. (88g) FROZEN *	
Amount per Serving	
Calories 160	Calories from Fat 60
% Daily Value*	
Total Fat 7.5g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 3g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Potassium 260mg	7%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 3g	
Vitamin A 90%	Vitamin C 0%
Calcium 4%	Iron 2%
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 Annatto Extract (color), Dextrin, Extractives of Paprika (color), Fiber (Pea, Corn), Garlic Powder, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Natural Flavor, Onion Powder, Paprika (color), Rice Flour, Salt, Sodium Acid Pyrophosphate Added To Maintain Natural Color, Spices, Sugar, Xanthan Gum, Yellow Corn Flour.	

* Per FBG, one serving portion (1/2 cup cooked vegetable) equals 3.09 oz of sweet potato straight cut fries.

USDA Food Buying Guide (FBG) for Child Nutrition Programs (March 2016 update)			
Product: Potatoes, Sweet, Fries, frozen; Straight Cut (Page 2, Entry 6)			
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	12.78	1/2 cup cooked vegetable	7.82

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)	76.70	1/2 cup cooked vegetable	1.30

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces/ raw portion of creditable ingredient	multiply	FBG yield /servings /unit	Creditable Amount**
Potatoes, Sweet, Fries, frozen; Straight Cut	2.79 oz 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.

8/21/2017
Date

Ruth A. Luther
 Research and Development

