



Nutrition Facts

about 128 servings per container

Serving size 2.15 oz (61g)

Amount Per Serving

Calories 90

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrates 15g	5%
Dietary Fiber 1g	4%
Total Sugars Less than 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	0%
Potassium 230mg	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), Potato Starch - Modified. Contains 2% or less of Annatto (color), Corn Starch - Modified, Dextrin, Dextrose, Extractives of Capsicum, Extractives of Paprika (color), Garlic Powder, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Onion Powder, Paprika (color), Potassium Chloride, Rice Flour, Salt, Sodium Acid Pyrophosphate Added To Maintain Natural Color, Spices, Tapioca Starch - Modified, Xanthan Gum.

Per FBG, one frozen serving portion (1/2 cut heated vegetable) equals 2.06 oz of McCain Fries.

MCCAIN® CRISPY BAKEABLE SEASONED SPIRALS 6X4 LBS USDA School Lunch Meal Planning Nutrition Facts 1000004108

USDA Food Buying Guide (FBG) for Child Nutrition Programs			
Product: Potatoes, French Fries, frozen, Crinkle cut, Low Moisture, Ovenable USDA Foods			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100
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
4 Pounds	29.55	1/2 cup cooked vegetable	3.38

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
24 Pounds (6 Bags per Case)	177.31	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
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.

1/28/2021
Date

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