



McCAIN® HARVEST SPLENDOR™ SAVORY SWEET POTATO FRY 5/16"
 USDA School Lunch Meal Planning Nutrition Facts
1000004309

Nutrition Facts	
about 77 servings per container	
Serving Size	3.09 oz (88g)
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 25g	9%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 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.

INGREDIENTS: Sweet Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Potato Starch - Modified, Corn Starch - Modified. Contains 2% or less of Corn Fiber, Dextrin, Extractive of Paprika (color), Extractive of Turmeric (color), Garlic Powder, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Onion Powder, Pea Fiber, Rice Flour, Salt, Sodium Acid Pyrophosphate Added To Maintain Color, Spice and Coloring, Spices, Sugar, Xanthan Gum, Yeast Extract.

Per FBG, one frozen 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			
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	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;	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.

2/12/2020
Date

Shianne L. Wayne
 Research and Development