



**McCain® HARVEST SPLENDOR™ SWEET POTATO 10 CUT WEDGE RIDGE CUT**  
 USDA School Lunch Meal Planning Nutrition Facts  
 MCF04712

<b>Nutrition Facts</b>	
about 64 servings per container	
<b>Serving Size</b>	<b>3.78 oz (107g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>200</b>
	<b>% DV*</b>
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 3g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrates</b> 32g	<b>12%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 10g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.5mg	2%
Potassium 330mg	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), 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 frozen serving portion (1/2 cup cooked vegetable) equals 3.78 oz of McCain Sweet Potato 10 Cut Wedge Ridge Cuts**

<b>USDA Food Buying Guide (FBG) for Child Nutrition Programs</b>			
Product: Sweet Potatoes, Fries, Frozen wedge cut			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100 Servings
1 Pound	9.5	1/4 cup cooked vegetable	10.6

<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 Contribution	McCain Purchase Units for 100 Servings
2.5 Pounds	10.42	1/2 cup cooked vegetable	9.59

<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 Contribution	McCain Purchase Units for 100 Servings
15 Pounds (6 Bags per Case)	62.54	1/2 cup cooked vegetable	1.6

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, frozen, wedges	3.38 oz by weight	X	9.5/ 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.

1/27/2021  
Date

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