



McCain® SWEET POTATO MAXI CUT FRENCH FRIES
USDA School Lunch Meal Planning Nutrition Facts
MCF04965

| Nutrition Facts | |
|------------------------------------|-----------------------|
| about 80 servings per container | |
| Serving size | 3.05 oz (86g) |
| Amount Per Serving | |
| Calories | 160 |
| | % Daily Value* |
| Total Fat 7g | 9% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 220mg | 10% |
| Total Carbohydrates 23g | 8% |
| Dietary Fiber 1g | 4% |
| Total Sugars 7g | |
| Includes Less than 1g Added Sugars | 1% |
| Protein 1g | |
| Vitamin D 0mcg | 0% |
| Calcium 30mg | 2% |
| Iron 0.4mg | 2% |
| Potassium 270mg | 6% |
| Vitamin A | 160% |

* 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 3.05 oz of sweet potato straight cut fries.

| USDA Food Buying Guide (FBG) for Child Nutrition Programs (Mar. 2016 Update) | | | |
|---|---------------------------------|---|--------------------------------------|
| Product: Potatoes, Sweet, 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 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) | 78.06 | 1/2 cup cooked vegetable | 1.28 |

| Description of Creditable Ingredients per Food Buying Guide (FBG) | Ounces/ raw portion of creditable ingredient | multiply | FBG yield / servings / unit | Creditable Amount** |
|---|--|----------|-----------------------------|---------------------|
| Potato French 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.

9/2/2021
Date

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