



Nutrition Facts

about 79 servings per container
Serving Size **3.02 oz / about 11 pieces (86g)**

Amount Per Serving
Calories **160**

		% DV*
Total Fat	6g	8%
Saturated Fat	1g	5%
Trans Fat	0g	
Polyunsaturated Fat	2.5g	
Monounsaturated Fat	2.5g	
Cholesterol	0mg	0%
Sodium	190mg	8%
Total Carbohydrates	25g	9%
Dietary Fiber	1g	4%
Total Sugars	8g	
Includes 1g Added Sugars		2%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	30mg	2%
Iron	0.4mg	2%
Potassium	270mg	6%
Vitamin A	1420mcg	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 Brown Sugar, Corn Fiber, Dextrin, Extractive of Paprika (color), Extractive of Turmeric (color), Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Pea Fiber, Rice Flour, Salt, Sodium Acid Pyrophosphate Added To

Per FBG, one frozen serving portion (1/2 cup heated vegetable) equals 3.02 oz of McCain Fries.

McCain® HARVEST SPLENDOR SWEET POTATO CROSSTRAX CUT FRIES
USDA School Lunch Meal Planning Nutrition Facts
MCF05074

USDA Food Buying Guide (FBG) for Child Nutrition Programs			
Product: Sweet Potatoes, Fries, Frozen, Waffle cut			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100 Servings
1 Pound	12.0	1/4 cup cooked vegetable	8.4

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	13.28	1/2 cup cooked vegetable	7.53

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)	79.67	1/2 cup cooked vegetable	1.26

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 products, frozen	2.67 oz by weight	X	12.0 / 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.

5/6/2021
Date

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 Research and Development