



ORE-IDA® SEASONED HOMESTYLE MASH MAKERS® MASHED POTATOES
 USDA School Lunch Meal Planning Nutrition Facts
 OIF03613

NUTRITION FACTS			
Serving Size 4.35 oz. (123g) FROZEN *			
Amount per Serving			
Calories 110	Calories from Fat 30		
% Daily Value*			
Total Fat 3.5g	5%		
Saturated Fat 1g	5%		
Trans Fat 0g			
Polyunsaturated Fat 2g			
Monounsaturated Fat 0.5g			
Cholesterol 0mg	0%		
Sodium 340mg	14%		
Potassium 220mg	6%		
Total Carbohydrate 18g	6%		
Dietary Fiber 2g	8%		
Sugars Contains less than 1g			
Protein 2g			
Vitamin A 0%	Vitamin C 10%		
Calcium 2%	Iron 2%		
INGREDIENTS: Potatoes, Water. Contains 2% or less of Beta Carotene (color), Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Locust Bean Gum), Creamer (Whey, Whey Protein Concentrate), Modified Cellulose, Salt, Sodium Acid Pyrophosphate Added To Maintain Natural Color, Soybean Oil, Spices, Whole Milk Powder (Pasteurized Skim Milk, Cream).			
* Per FBG, one serving portion (1/2 cup heated vegetable) equals 4.35 of McCain mashed potato.			

USDA Food Buying Guide (FBG) for Child Nutrition Programs			
Product: Potato Products, frozen, Mashed			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100 Servings
1 Pound	7.37	1/4 cup heated vegetable	13.6

McCain Equivalent per Bag			
FBG serving sizes adjusted to accommodate seasoning; seasoning 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
4 Pounds	14.74	1/2 cup heated vegetable	6.78

McCain Equivalent per Case			
FBG serving sizes adjusted to accommodate seasoning; seasoning 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
24 Pounds (6 Bags per Case)	88.44	1/2 cup heated vegetable	1.13

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, Mashed	4.35 oz by weight	X	7.37 / 16	2.003
A. Total Creditable Amount				2.003

* 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.

4/29/2019
Date

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