



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

<b>Nutrition Facts</b>	
about 89 servings per container	
<b>Serving size</b>	<b>4.35 oz (123g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>120</b>
<b>% Daily Value*</b>	
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol Less than 5mg	1%
Sodium 350mg	15%
Total Carbohydrates 22g	8%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein 2g</b>	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 0.3mg	0%
Potassium 350mg	8%

\* 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:** 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.

<b>USDA Food Buying Guide (FBG) for Child Nutrition Programs</b>			
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

<b>McCain Equivalent per Bag</b>			
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

<b>McCain Equivalent per Case</b>			
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
<b>A. Total Creditable Amount</b>				<b>2.003</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.

9/7/2021  
Date

Shannon Racette  
Research and Development