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**McCain® REDSTONE CANYON® SEASONED DICED POTATOES**  
**USDA School Lunch Meal Planning Nutrition Facts**  
**MCL03624**

**Meets Smart Snack Qualification:** No  
**Meets Buy American Qualification:** Yes  
**Country of Origin:** USA  
**Religious Certification(s):** None

## Nutrition Facts

about 150 servings per container

**Serving Size** 3.2 oz (91g)

**Amount Per Serving**

**Calories** 120

		% DV*
Total Fat	4.5g	6%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Polyunsaturated Fat	2g	
Monounsaturated Fat	1.5g	
Cholesterol	0mg	0%
Sodium	470mg	21%
Total Carbohydrates	21g	8%
Dietary Fiber	2g	7%
Total Sugars	< 1g	
Includes 0g Added Sugars		0%
Protein	2g	
Vitamin D	0mcg	0%
Calcium	10mg	0%
Iron	0.4mg	2%
Potassium	270mg	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:** Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Bleached Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid). Contains 2% or less of Caramel Color, Cocoa Powder (Processed With Alkali), Degermed Yellow Corn Meal, Dextrin, Dextrose, Garlic Powder, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Natural Garlic Flavor, Onion Powder, Paprika Extract (color), Rice Flour, Salt, Sodium Acid Pyrophosphate Added To Maintain Color, Spices, Tapioca Starch, Tapioca Starch - Modified, Xanthan Gum.  
**Contains: Wheat**

\* Per FBG, one serving portion (1/2 cup heated vegetable) equals 3.20 oz of McCain seasoned fries.

### USDA Food Buying Guide (FBG) for Child Nutrition Programs

Product: Potato products, frozen, Skins or Pieces or Wedges, etc. With skin, Cooked

USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100 Servings
1 Pound	10.6	1/4 cup heated vegetable	9.5

### 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
5 Pounds	24.94	1/2 cup heated vegetable	4.01

### 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
30 Pounds (6 Bags per Case)	149.65	1/2 cup heated vegetable	0.67

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, skins,	3.02 oz by weight	X	10.6 / 16	2.00
A. Total Creditable Amount				2.00

\* 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.

9/13/2022

Date

*Shianne L. Wayne*

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Research & Development