

Fryersaver Battered Sweet Corn Nuggets
USDA School Lunch Meal Planning Nutrition Facts
Product Code: 80008428

NUTRITION FACTS			
Serving Size 2.0 oz (56.8g) (4 pieces) FROZEN *			
Amount per Serving			
Calories 130		Calories from Fat 40	
% Daily Value*			
Total Fat 4g			6%
Saturated Fat 1g			5%
<i>Trans</i> Fat 0g			
Cholesterol 0mg			0%
Sodium 290mg			12%
Total Carbohydrate 21g			7%
Dietary Fiber 2g			8%
Sugars 2g			
Protein 2g			
Vitamin A 0%		Vitamin C 0%	
Calcium 2%		Iron 3%	
INGREDIENTS: Corn, Water, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Soybean And/Or Canola), Sugar, Yellow Corn Flour. Contains 2% or less of Bleached Wheat Flour, Calcium Caseinate, Calcium Chloride, Corn Starch, Dextrose, Egg, Iodized Salt, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Modified Food Starch, Natural Flavor, Nonfat Milk, Oleoresin Turmeric and Paprika, Oleoresin Paprika, Paprika Oleoresin Color, Salt, Sodium Citrate, Sodium Tripolyphosphate, Sodium Silico Aluminate, Sodium Alginate, Soy Flour, Spice, Whey.			

USDA Food Buying Guide (FBG) for Child Nutrition Programs (Dec. 2007 Update)			
Product: Corn, Frozen, Whole Kernel, Includes USDA commodity (p. 2-36)			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100 Servings
1 Pound	22.2	1/4 cup vegetable	4.5
1 Pound	11.1	1/2 cup vegetable	9.1

McCain Equivalent per Bag			
FBG serving adjusted to accommodate coating system; 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 pounds	16.00	1/4 cup vegetable	6.25
2 pounds	9.14	1/2 cup vegetable	10.94

McCain Equivalent per Case			
FBG serving adjusted to accommodate coating system; 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
12 Pounds (Six bags per case)	96.00	1/4 cup vegetable	1.04
12 Pounds (Six bags per case)	54.84	1/2 cup vegetable	1.82

Vegetable Servings:

- * Per FBG, one 1/4 cup vegetable serving is equal to 4 corn nuggets (56.8g) (2.0oz)
- * Per FBG, one 1/2 cup vegetable serving is equal to 7 corn nuggets (99.3g) (3.5oz)

Grain/Bread Serving:

- * Per FBG, 7 corn nuggets (3.5 oz) is equal to 0.75 grain/bread servings (1 grain/bread serving is equal to 10 corn nuggets)

I certify that this information is true and correct.

7/29/2010

Date

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Research and Development