



McCain® HARVEST SPLENDOR™ SWEET POTATO 10 CUT WEDGE RIDGE CUT
USDA School Lunch Meal Planning Nutrition Facts
MCF04712

NUTRITION FACTS			
Serving Size 3.78 oz. (107g) FROZEN *			
Amount per Serving		Calories from Fat 60	
Calories 200		% Daily Value*	
Total Fat 7g			11%
Saturated Fat 1g			5%
Trans Fat 0g			
Polyunsaturated Fat 3g			
Monounsaturated Fat 3g			
Cholesterol 0mg			0%
Sodium 250mg			10%
Potassium 330mg			9%
Total Carbohydrate 31g			10%
Dietary Fiber 2g			8%
Sugars 10g			
Protein 2g			
Vitamin A 70%	Vitamin C 15%		
Calcium 4%	Iron 4%		
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 Baking Soda, Dextrin, Extractives of Paprika and Turmeric (color), Fiber (Pea, Corn), Molasses Powder (Refiners Syrup, Molasses), Rice Flour, Salt, Sodium Acid Pyrophosphate (Maintains Natural Color & Leavening), Sugar, Xanthan Gum.			

* Per FBG, one serving portion (1/2 cup cooked vegetable) equals 3.78 oz of McCain Sweet Potato Wedges

I certify that this information is true and correct.

USDA Food Buying Guide (FBG) for Child Nutrition Programs (March 2016 Update)			
Product: Potatoes, Sweet, Fries, Frozen wedge cut			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100 Servings
1 Pound	9.5	1/4 cup cooked vegetable	10.6

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	10.42	1/2 cup cooked vegetable	9.59

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)	62.54	1/2 cup cooked vegetable	1.6

Description of Creditable Ingredients per Food Buying Guide	Ounces per Raw Portion of Creditable Ingredient**	Multiply	FBG Yield /Servings per Unit	Creditable Amount*
Potatoes, frozen, wedges	3.38 oz by weight	X	9.5/ 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

5/15/2018
Date

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 Research and Development