

McCAIN® HARVEST SPLENDOR SWEET POTATO CROSSTRAX CUT FRIES
USDA School Lunch Meal Planning Nutrition Facts
MCF05074

NUTRITION FACTS			
Serving Size 3.43 oz. (97g) FROZEN *			
Amount per Serving			
Calories 150		Calories from Fat 45	
% Daily Value*			
Total Fat 5g		8%	
Saturated Fat 1g		5%	
Trans Fat 0g			
Polyunsaturated Fat 1.5g			
Monounsaturated Fat 2.5g			
Cholesterol 0mg		0%	
Sodium 250mg		10%	
Potassium 270mg		8%	
Total Carbohydrate 24g		8%	
Dietary Fiber 3g		12%	
Sugars 6g			
Protein 1g			
Vitamin A 100%		Vitamin C 2%	
Calcium 2%		Iron 4%	
INGREDIENTS: Sweet Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Potato Starch - Modified. Contains 2% or less of Annatto (color), Baking Soda, Beta Carotene (color), Caramel (Color), Natural Flavors, Rice Flour, Salt, Sodium Acid Pyrophosphate (Maintains Natural Color & Leavening), Sugar, Tapioca Dextrin, Xanthan Gum.			

* Per FBG, one serving portion (1/2 cup cooked vegetable) equals 3.43 oz of McCain sweet potato crosstrax fries.

USDA Food Buying Guide (FBG) for Child Nutrition Programs (Dec. 2007 Update)			
Product: Sweet potatoes, frozen, center cuts, approx. 7/8-1 3/8" thick by 1 1/4-1 3/4" diameter			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100 Servings
1 Pound	9.7	1/4 cup cooked vegetable	10.4

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	11.64	1/2 cup cooked vegetable	8.59

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)	69.84	1/2 cup cooked vegetable	1.43

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable	Multiply	FBG Yield /Servings	Creditable Amount*
sweet potato, frozen	3.30 oz by weight	X	9.7 / 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

1/11/2013
Date


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