



Product Code: MCF04566

Product Name: McCain® Harvest Splendor™ 7/16" Deep Groove Crinkle Cut Extra Long Fries

Ingredients

Sweet Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Corn Starch - Modified. Contains 2% or less of Annatto (color), Beta Carotene (color), Caramel Color, Corn Starch, Dehydrated Sweet Potatoes, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Natural Flavor (Contains Wheat), Rice Flour, Salt, Sodium Acid Pyrophosphate Added To Maintain Natural Color, Sugar, Tapioca Dextrin, Xanthan Gum

Nutrition Facts

1/2 Cup Veg.

Amount per serving	% daily value*	
Serving Size approx pieces:		
Serving Size:	3.43 oz (97g)	
Servings per container	69.84	
Calories	190	
Calories from fat	70	
Total fat	8 g	12 %
Saturated fat	1 g	5 %
Transfat	0 g	
Cholesterol	0 mg	0 %
Sodium	220 mg	9 %
Total carbohydrate	28 g	9 %
Dietary fiber	3 g	12 %
Sugars	7 g	
Protein	2 g	
potassium	320 mg	9 %

Vitamin A 80 %	Vitamin C 12 %
Calcium 2 %	Iron 4 %

* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower, depending on your calorie needs.

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