

**McCain® REDSTONE CANYON® SPIRAL CUT FRENCH FRIES**  
**USDA School Lunch Meal Planning Nutrition Facts**  
**MCL03622**

<b>NUTRITION FACTS</b>			
Serving Size 2.12 oz. (60g) <b>FROZEN</b> *			
<b>Amount per Serving</b>			
Calories 110	Calories from Fat 45		
% Daily Value*			
<b>Total Fat</b> 5g			<b>8%</b>
Saturated Fat 0.5g			<b>3%</b>
<i>Trans</i> Fat 0g			
Polyunsaturated Fat 1.5g			
Monounsaturated Fat 2.5g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 300mg			<b>12%</b>
<b>Potassium</b> 150mg			<b>4%</b>
<b>Total Carbohydrate</b> 15g			<b>5%</b>
Dietary Fiber 1g			<b>5%</b>
Sugars 0g			
<b>Protein</b> 1g			
Vitamin A 0%		Vitamin C 6%	
Calcium 0%		Iron 2%	
<p>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 Annatto (color), Dextrin, Dextrose, Extractives of Capsicum, Extractives of Paprika (color), Garlic Powder, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Onion Powder, Paprika (color), Salt, Sodium Acid Pyrophosphate Added To Maintain Natural Color, Spices, Tapioca Starch, Tapioca Starch - Modified, Xanthan Gum. <b>CONTAINS: WHEAT</b></p>			

\* Per FBG, one serving portion (1/2 cup cooked vegetable) equals 2.12 oz of McCain battered fries.

I certify that this information is true and correct.

10/31/2016  
Date



Nicole L. Bartz  
Research and Development

<b>USDA Food Buying Guide (FBG) for Child Nutrition Programs (Jan. 2013 Update)</b>			
Product: Potatoes, French Fries, frozen, Curly (1/3-inch width) (pg. 2-48)			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100
1 Pound	16.2	1/4 cup cooked vegetable	6.2

<b>McCain Equivalent per Bag</b>			
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
4 Pounds	29.95	1/2 cup cooked vegetable	3.34

<b>McCain Equivalent per Case</b>			
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
24 Pounds (6 Bags per Case)	179.7	1/2 cup cooked vegetable	0.56

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable	Multiply	FBG Yield /Servings	Creditable Amount*
Potato, FF, frozen, curly	1.976 oz by weight	X	16.2/ 16	2.000
<b>A. Total Creditable Amount</b>				<b>2.000</b>

\* 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