

Ingredient Report

Ingredient Name: Potato, Ovations Regular Fries, McCain, MCF03762, Veg-S
 Ingredient Code: SI101429

Measure	Weight In Grams
2 1/2 ounces (L v1)	70.00

Nutrients per 100 g

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
157.143	5.000	0.714	0.000	0.000	185.714	25.714	1.429	0.000	2.857	0.514	0.000	0.000	5.143	(M)	(M)

Nutrients per 2 1/2 ounces (70.000 g)

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
110.000	3.500	0.500	0.000	0.000	130.000	18.000	1.000	0.000	2.000	0.360	0.000	0.000	3.600	(M)	(M)

(M) Indicates missing values.

1 Trans Fat is provided for informational purposes, not for monitoring purposes.