



McCain® HARVEST SPLENDOR™ SAVORY SWEET POTATO FRY 5/16"
USDA School Lunch Meal Planning Nutrition Facts
100004309

Nutrition Facts	
about 77 servings per container	
Serving Size	3.09 oz (88g)
Amount Per Serving	
Calories	160
	% DV*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrates 25g	9%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.5mg	2%
Potassium 280mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Sweet Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Potato Starch - Modified, Corn Starch - Modified, Contains 2% or less of Corn Fiber, Dextrin, Extractive of Paprika (color), Extractive of Turmeric (color), Garlic Powder, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Onion Powder, Pea Fiber, Rice Flour, Salt, Sodium Acid Pyrophosphate Added To Maintain Color, Spice and Coloring, Spices, Sugar, Xanthan Gum, Yeast Extract.

Per FBG, one frozen serving portion (1/2 cup cooked vegetable) equals 3.09 oz of sweet potato straight cut fries.

USDA Food Buying Guide (FBG) for Child Nutrition Programs			
Product: Sweet Potatoes, Fries, frozen Straight Cut			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100 Servings
1 Pound	11.5	1/4 cup cooked vegetable	8.7

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	12.78	1/2 cup cooked vegetable	7.82

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)	76.70	1/2 cup cooked vegetable	1.30

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces/ raw portion of creditable ingredient	multiply	FBG yield /servings /unit	Creditable Amount**
Straight Cut	2.79 oz by weight	X	11.5/16	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 Cup	3.0 Quarter Cups = 3/4 Cup

I certify that this information is true and correct.

6/17/2021
Date

Darcy Kilpatrick
Darcy Kilpatrick
Research and Development



McCain[®] Harvest Splendor[®] Savory Seasoned Sweet Potato Regular Fries 5/16" XL

The tender texture of traditional sweet potato cuts with a savory seasoning that delivers a remarkable, unique flavor.

PRODUCT DETAILS

GENERAL:
Packaging: 6/2.5 lb.

Best if used:
before 730 days from date of
manufacture, when stored at 0°F/-18°C
or below.

Servings size: 3 oz (85g)

Servings per container: 80

CASE:
Net weight case 15 lbs.
Gross weight case 16.30 lbs.

PRODUCT CODES:
SKU 1000004309
UPC 100727140103384
GTIN (Case) 10072714003384

PREPARATION

GENERAL CAUTIONS:
For best results, cook from frozen state
using recommended time and
temperature. Always cook to light golden
color. Do not overcook. When cooking
smaller amounts, reduce cooking time.
Product must be fully cooked for food
safety and quality.



DEEP FRY
Temp (°F): 350
Cooking Time
(min): 3 to 3-1/2

Instructions:
Fill basket one-third full (1.5 lbs) with
frozen product. Deep fry.



**BAKE –
CONVENTIONAL**
Temp (°F): 425
Cooking Time
(min): 32 to 34

Instructions:
Preheat oven. Spread frozen product
evenly on a shallow baking pan. Bake,
turning once for uniform cooking.

ADULT NUTRITION FACTS

80 servings per container

Serving Size **3 oz (85g)**
Amount Per Serving

Calories	160
Total Fat 6g	8%
Saturated Fat 1g	5%
Mono Unsaturated Fat 2.5g	
Poly Saturated Fat 2.5g	
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 180mg	8%
Total Carbohydrate 24g	9%
Dietary fiber 1g	4%
Sugars 0g	
Added Sugar 0g	
Protein 1g	3%
Vitamin D 0mcg	
Calcium	2%
Iron	2%
Potassium 270mg	6%

*The % Daily Value (DV) tells you how much a nutrient
in a serving of food contributes to a daily diet. 2,000
calories a day is used for general nutrition advice.

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 Annatto Extract (color), Dextrin, Extractives of Paprika (color), Fiber (Pea, Corn), Garlic Powder, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Natural Flavor, Onion Powder, Paprika (color), Rice Flour, Salt, Sodium Acid Pyrophosphate Added To Maintain Natural Color, Spices, Sugar, Xanthan Gum, Yellow Corn Flour

ALLERGENS

This product **contains no** known added
ingredients sourced from allergenic
sources.