

**REDUCED SODIUM BATTERED SEASONED SPIRALS**  
**USDA School Lunch Meal Planning Nutrition Facts**  
**1000004108**

<b>NUTRITION FACTS</b>			
Serving Size 2.10 oz. (60g) <b>FROZEN</b> *			
<b>Amount per Serving</b>			
Calories 110		Calories from Fat 30	
% Daily Value*			
<b>Total Fat</b> 3.5g			<b>5%</b>
Saturated Fat 0.5g			<b>3%</b>
<i>Trans</i> Fat 0g			
Polyunsaturated Fat 1g			
Monounsaturated Fat 1.5g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 170mg			<b>7%</b>
<b>Potassium</b> 180mg			<b>5%</b>
<b>Total Carbohydrate</b> 18g			<b>6%</b>
Dietary Fiber 1g			<b>4%</b>
Sugars 0g			
<b>Protein</b> 1g			
Vitamin A 0%		Vitamin C 0%	
Calcium 0%		Iron 2%	
<p><b>INGREDIENTS: 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, Corn Starch, Corn Starch - Modified, Dextrin, Dextrose, Extractives of Capsicum, Extractives of Paprika (color), Garlic Powder, Onion Powder, Paprika (color), Potassium Chloride, Rice Flour, Salt, Sodium Acid Pyrophosphate (Maintains Natural Color &amp; Leavening), Spices, Tapioca Starch - Modified, Xanthan Gum.</b></p>			

\* Per FBG, one serving portion (1/2 cup cooked vegetable) equals 2.10 oz of McCain battered fries.

<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	30.43	1/2 cup cooked vegetable	3.29

<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)	182.58	1/2 cup cooked vegetable	0.55

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
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.

2/1/2016  
Date

  
 Nicole L. Bartz  
 Research and Development