## McCAIN® HARVEST SPLENDOR™ SWEET POTATO BITES

## USDA School Lunch Meal Planning Nutrition Facts MCF05034

## **NUTRITION FACTS**

Serving Size 10 Pieces(72g)(2.54 oz)FROZEN 3

Amount per Serving		
Calories 110	Calories from Fat	35
	% Daily Value*	
Total Fat 4g		6%
Saturated Fat 0.5g		3%
Trans Fat 0g		
Polyunsaturated Fat 1	.5g	
Monounsaturated Fat	2g	
Cholesterol 0mg		0%
Sodium 95mg		4%
Potassium 150mg		4%
Total Carbohydrate 1	8g	6%
Dietary Fiber 3g		11%
Sugars 9g		
Protein 1g		

Vitamin A	70%	Vitamin C	4%
Calcium	2%	Iron	2%

INGREDIENTS: Sweet Potatoes, Vegetable
Oil (Contains One Or More Of The Following
Oils: Canola, Soybean, Cottonseed, Sunflower,
Corn). Contains 2% or less of Corn Starch Modified, Dehydrated Potatoes, Dextrin,
Maltodextrin, Molasses, Salt, Sodium Acid
Pyrophosphate Added To Maintain Natural
Color, Sugar, Tapioca Starch - Modified,
Xanthan Gum.

USDA Food Buying Guide (FBG) for Child Nutrition Programs (Dec. 2007 Update)			
Product: Potato Products, frozen, Circles			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100 Servings
1 Pound	12.6	1/4 cup baked vegetable	8.0

McCain Equivalent per Bag			
McCain Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	McCain Purchase Units for 100 Servings
2.5 Pounds	15.75	1/2 cup baked vegetable	6.35

McCain Equivalent per Case			
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)	94.50	1/2 cup baked vegetable	1.06

<sup>\*</sup> Per FBG, one serving portion (1/2 cup baked vegetable) equals 2.54 oz of McCain sweet potato circles (approx. 10 circles).

I certify that this information is true and correct.

5/26/2011

Date Rachel Reiter

Research & Development

Lackel Rection