



**Product:** Gordon's Foodservice Tater Puffs  
**Catalog #** GF50

**Bulk Code** 3104  
**Package Size** 30 lb  
 Frozen, as sold by Lamb-Weston

# Nutrition Facts

Serving Size 3 oz (84g)  
 Servings Per Container About 160

**Amount Per Serving**

**Calories** 160 **Calories from Fat** 70

**%Daily Value\***

<b>Total Fat</b> 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 330mg	14%
<b>Potassium</b> 290mg	8%
<b>Total Carbohydrate</b> 20g	7%
Dietary Fiber 2g	8%
Sugars less than 1g	

**Protein** 2g

Vitamin A 0%                      •                      Vitamin C 6%  
 Calcium 0%                        •                      Iron 4 %

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Potassium			3,500mg	3,500mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram  
 Fat 9                      •                      Carbohydrate 4                      •                      Protein 4

Approved by:

Rebecca Schmidt

RQI Nutritionist  
 July 31, 2014