

Tater tots

Servings:	1.00	Category:	Vegetable
Serving Size:	9.00 tots	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49636
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
POTATO TATER TOT ROUNDS	9 Each	324167

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 9.00 tots

Amount Per Serving	
Calories	152.40
Fat	7.62g
SaturatedFat	1.90g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	314.32mg
Carbohydrates	19.05g
Fiber	1.90g
Sugar	0.00g
Protein	1.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.48mg	Iron 0.69mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available