

Tater Tots

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8445
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO ROUNDS	1/2 Cup	<p>DEEP_FRY</p> <p>Deep Fry 1.5 LBS at 345-350°F (174°-177°C) for 3 /u2013 3 1 2 minutes. Deep fry from frozen state. Fill basket 1 2 full. Convection Oven 1.5 LBS at 400°F (205°C) for 20-25 minutes. Arrange frozen product in a single layer on a baking sheet lined with aluminum foil or parchment paper. Turn product halfway through baking time. Convection Oven: 1 .5 LBS at 400°F (205°C) for 10-12 minutes. Arrange frozen product in a single layer on a baking sheet lined with aluminum foil or parchment paper. Turn product halfway through baking time. MUST COOK THOROUGHLY BEFORE EATING. KEEP FROZEN /u2013 DO NOT THAW. For food safety, read and follow the cooking instructions as product must reach a minimum of 165°F (74°C) internal temperature as measured by a food thermometer in several spots.</p>	324167

Preparation Instructions

Fry 1 LB at 360 degrees for 1 minute and 45 seconds .

CCP: Heat to 165° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	213.33
Fat	10.67g
Saturated Fat	2.67g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	440.00mg
Carbohydrates	26.67g
Fiber	2.67g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	2.67g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 14.67mg	Iron 0.96mg

Nutrition - Per 100g

No 100g Conversion Available