

# Tator Tots



<b>Servings:</b>	160.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44494

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS	30 Pound	Basic Preparation CONVECTION OVEN: BAKE AT 425°F FOR 8-12 MINUTES. SPREAD PRODUCT EVENLY ON A SHALLOW BAKING PAN. TURN ONCE FOR UNIFORM COOKING.	141510

## Preparation Instructions

- 1 box yields 150
- 1 bag yields 25
- 2 bag yields 50
- 3 bag yields 75
- 4 bag yields 100
- 5 bag yields 125

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.521

## Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 3.00 Ounce

Amount Per Serving	
<b>Calories</b>	128.91
<b>Fat</b>	7.03g
<b>Saturated Fat</b>	1.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	363.28mg
<b>Carbohydrates</b>	16.41g
<b>Fiber</b>	1.17g
<b>Total Sugar</b>	0.81g
<b>Added Sugar</b>	0.07g
<b>Protein</b>	1.17g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 11.72mg	<b>Iron</b> 0.23mg

## Nutrition - Per 100g

<b>Calories</b>	151.57
<b>Fat</b>	8.27g
<b>Saturated Fat</b>	1.38g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	427.15mg
<b>Carbohydrates</b>	19.29g
<b>Fiber</b>	1.38g
<b>Total Sugar</b>	0.95g
<b>Added Sugar</b>	0.08g
<b>Protein</b>	1.38g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 13.78mg	<b>Iron</b> 0.28mg