

HS: Tater Tots- 16 Each



Servings:	1.00	Category:	Vegetable
Serving Size:	16.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57759
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS	16 Each	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510

Preparation Instructions

No Preparation Instructions available.

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	1.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 16.00 Each

Amount Per Serving	
Calories	220.00
Fat	12.00g
Saturated Fat	2.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	620.00mg
Carbohydrates	28.00g
Fiber	2.00g
Total Sugar	1.38g
Added Sugar	0.12g
Protein	2.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 20.00mg	Iron 0.40mg

Nutrition - Per 100g

Calories	153.95
Fat	8.40g
Saturated Fat	1.40g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	433.87mg
Carbohydrates	19.59g
Fiber	1.40g
Total Sugar	0.97g
Added Sugar	0.08g
Protein	1.40g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 14.00mg	Iron 0.28mg