

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	<p>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.</p>	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