

# 9-12: Tater Tots 1 cup

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40275

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS	16 Each	5.04 ounce weight	141510

## Preparation Instructions

No Preparation Instructions available.

### 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>	1.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

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

## Nutrition - Per 100g

<b>Calories</b>	153.98
<b>Fat</b>	8.40g
<b>Saturated Fat</b>	1.40g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	433.93mg
<b>Carbohydrates</b>	19.60g
<b>Fiber</b>	1.40g
<b>Total Sugar</b>	0.97g
<b>Added Sugar</b>	0.08g
<b>Protein</b>	1.40g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 14.00mg	<b>Iron</b> 0.28mg