

# Tator Tots PK

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-47161
<b>School:</b>	Walton-Verona Early Childhood Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS	1 1/2 Ounce	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

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>	0.252

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	55.48
<b>Fat</b>	3.03g
<b>Saturated Fat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	156.35mg
<b>Carbohydrates</b>	7.06g
<b>Fiber</b>	0.50g
<b>Total Sugar</b>	0.35g
<b>Added Sugar</b>	0.03g
<b>Protein</b>	0.50g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 5.04mg	<b>Iron</b> 0.10mg

## Nutrition - Per 100g

<b>Calories</b>	150.51
<b>Fat</b>	8.21g
<b>Saturated Fat</b>	1.37g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	424.16mg
<b>Carbohydrates</b>	19.16g
<b>Fiber</b>	1.37g
<b>Total Sugar</b>	0.94g
<b>Added Sugar</b>	0.08g
<b>Protein</b>	1.37g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 13.68mg	<b>Iron</b> 0.27mg