

Tator Tots PK

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-47161
School:	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

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	0.252

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

Nutrition - Per 100g

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