

Tator Tots

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44823
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS	1 Cup	Basic Preparation CONVECTION OVEN: BAKE AT 425F 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	1.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	247.48
Fat	13.50g
Saturated Fat	2.25g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	697.44mg
Carbohydrates	31.50g
Fiber	2.25g
Total Sugar	1.55g
Added Sugar	0.13g
Protein	2.25g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 22.50mg	Iron 0.45mg

Nutrition - Per 100g

Calories	150.53
Fat	8.21g
Saturated Fat	1.37g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	424.21mg
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