

Tater Tots

Nutrition Facts

Serving Size: 1/2 Cup

Amount Per Serving

Calories: 158

Calories from Fat: 71

Total Fat: 7.9g

Saturated Fat: 1.3g

Trans Fat: 0.00

Cholesterol: 0mg

Sodium: 343mg

Total Carbohydrate: 18.5g

Dietary Fiber: 2.6g

Protein: 2.6g

Vitamin A: 0RE

Vitamin C: 1.6mg

Calcium: .0mg

Iron: .5mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

Ingredients

Potato, Rounds, Frz OH Proc ZT (mfg label): POTATOES, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING OILS: CANOLA, SOYBEAN, COTTONSEEDL, SUNFLOWER, CORN). CONTAINS 2% OF LESS OF DEXTROSE, NATURAL FLAVOR, SALT, SODIUM ACID PYROPHOSPHATE ADDED TO MAINTAIN NATURAL COLOR. [900289]