



ORE-IDA® REDUCED SODIUM TATER TOTS® SHAPED POTATOES 6X5 LBS
USDA School Lunch Meal Planning Nutrition Facts
1000002789

NUTRITION FACTS	
Serving Size 2.52 oz (71g) FROZEN *	
about 8 pieces	
Amount per Serving	Calories from Fat 30
Calories 90	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Polysaturated Fat 1g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Potassium 180mg	5%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars Contains less than 1 gram	
Protein 1g	
Vitamin A 0%	0%
Calcium 0%	2%
Vitamin C	
Iron	
INGREDIENTS: Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn). Contains 2% or less of Dextrose, Modified Cellulose, Natural Flavor, Salt, Sodium Acid Pyrophosphate Added To Maintain Natural Color.	
* Per FBG, one serving portion (1/2 cup cooked vegetable) equals 2.52 oz of McCain tots.	

USDA Food Buying Guide (FBG) for Child Nutrition Programs			
Product: Potato Products, frozen, Rounds, Regular Size, (approx. 3/4 to 1 inch diameter by 1 to 1-1/4 inch Length) Includes USDA Foods			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100 Servings
1 Pound	12.7	1/4 cup cooked vegetable	7.9

McCain Equivalent per Bag			
FBG serving sizes adjusted to accommodate batter; batter not part of vegetable serving.			
McCain Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	McCain Purchase Units for 100 Servings
5 Pounds	31.75	1/2 cup cooked vegetable	3.15

McCain Equivalent per Case			
FBG serving sizes adjusted to accommodate batter; batter not part of vegetable serving.			
McCain Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	McCain Purchase Units for 100 Servings
30 Pounds (6 Bags per Case)	190.50	1/2 cup cooked vegetable	0.52

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable Ingredient**	Multiply	FBG Yield / Servings per Unit	Creditable Amount*
Potato Products, Frozen, Rounds	2.52 oz by weight	X	12.7 / 16	2,000
A. Total Creditable Amount				2,000

* Creditable Amount - Multiply ounces per raw portion of creditable ingredient by the FBG Yield Information.

Using the quarter cup to cup conversion chart below to calculate the quarter cup creditable amount.

Quarter Cup to Cup Conversion:			
0.5 Quarter Cups = 1/8 Cup	1.5 Quarter Cups = 3/8 Cup	2.5 Quarter Cups = 5/8 Cup	
1.0 Quarter Cups = 1/4 Cup	2.0 Quarter Cups = 1/2 Cups	3.0 Quarter Cups = 3/4 Cup	

I certify that this information is true and correct.

3/25/2019
Date
Nicole L. Bartz
Nicole L. Bartz
Research and Development



Ore-Ida® Reduced Sodium Tater Tots®

Oven-baked or fried, these classic tots deliver great plate coverage and great flavor with reduced sodium.*

PRODUCT DETAILS

GENERAL:

Packaging: 6/5 lb.

Best if used:

before 730 days from date of manufacture, when stored at 0°F/-18°C or below.

Servings size: 9 pieces (87g)

Servings per container: 156

CASE:

Net weight case 30 lbs.
Gross weight case 31.72 lbs.

PRODUCT CODES:

SKU 1000002789
UPC 072714002809
GTIN (Unit) 072714002809
GTIN (Case) 10072714002806

PREPARATION

GENERAL CAUTIONS:

For best results, cook from frozen state using recommended time and temperature. Always cook to light golden color. Do not overcook. When cooking smaller amounts, reduce cooking time. Product must be fully cooked for food safety and quality.



DEEP FRY

Temp (°F): 350
Cooking Time (min): 2-1/2 to 3

Instructions:

Fill basket one-third full (1.5 lbs) with frozen product. Deep fry.



BAKE – CONVENTIONAL

Temp (°F): 425
Cooking Time (min): 12 to 17

Instructions:

Preheat oven. Spread frozen product evenly on a shallow baking pan. Bake, turning once for uniform cooking.

ADULT NUTRITION FACTS

156 servings per container

Serving Size **9 pieces**
(87g)

Amount Per Serving

Calories	110
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Mono Unsaturated Fat 2g	
Poly Saturated Fat 1.5g	
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 200mg	8%
Total Carbohydrate 17g	6%
Dietary fiber 2g	7%
Sugars 1g	
Added Sugar 0g	
Protein 1g	
Vitamin D 0mcg	
Calcium	0%
Iron	0%
Potassium 220mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS

Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn). Contains 2% or less of Dextrose, Modified Cellulose, Natural Flavor, Salt, Sodium Acid Pyrophosphate Added To Maintain Natural Color

ALLERGENS

This product contains no known added ingredients sourced from allergenic sources.



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