



Nutrition Facts	
about 192 servings per container	
<b>Serving Size</b>	<b>2.52 oz / about 8 pieces (71g)</b>
Amount Per Serving	
<b>Calories</b>	<b>90</b>
% DV*	
<b>Total Fat</b> 3.5g	4 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1.5g	
<b>Cholesterol</b> 0mg	0 %
<b>Sodium</b> 160mg	7 %
<b>Total Carbohydrates</b> 14g	5 %
Dietary Fiber 2g	7 %
Total Sugars < 1g	
Includes 0g Added Sugars	0 %
<b>Protein</b> 1g	
Vitamin D 0mcg	0 %
Calcium 10mg	0 %
Iron 0.4mg	2 %
Potassium 180mg	4 %

\*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 Dehydrated Potatoes, Dextrose, Modified Cellulose, Natural Flavor, Salt, Sodium Acid Pyrophosphate Added To Maintain Color.

Per FBG, one frozen serving portion (1/2 cup cooked vegetable) equals 2.52 oz of McCain tots.

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



**Meets Smart Snack Qualification:** Yes  
**Meets Buy American Qualification:** Yes  
**Country of Origin:** USA  
**Religious Certifications(s):** None

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.

8/2/2023  
Date

*Darcy Kilpatrick*  
Darcy Kilpatrick  
Research and Development



# Ore-Ida<sup>®</sup> Reduced Sodium Tater Tots<sup>®</sup>

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 within 730 days of production date

Servings size: 9 pieces (87g)

Servings per container: 166

### CASE:

Net weight case 30 lbs.

Gross weight case 31.54 lbs.

### PRODUCT CODES:

SKU 1000002789

GTIN (Unit) 10072714002806

GTIN (Case) 10072714002806

## PREPARATION

### GENERAL CAUTIONS:

Cook from frozen state using recommended time and temperature. Always cook to light golden color. Do not overcook. Product must be fully cooked for food safety and quality.



### DEEP FRY

Temp (°F): 350

### Instructions:

Fill basket one third full (1.5 lbs) with frozen product. Deep fry @ 350°F for 2 1/2 to 3 minutes.



### BAKE -

### CONVECTION

Temp (°F): 425

### Instructions:

Preheat oven to 425°F. Spread frozen product evenly on a shallow baking pan. Bake for 12 to 17 minutes, turning once for uniform cooking.

## ADULT NUTRITION FACTS

166 servings per container

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

Amount Per Serving

<b>Calories</b>	<b>110</b>
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Mono Unsaturated Fat 2g	
Poly Saturated Fat 1.5g	
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 200mg	9%
Total Carbohydrate 17g	6%
Dietary fiber 2g	7%
Total Sugars 1g	
Added Sugars 0g	0%
Protein 1g	3%
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.5mg	2%
Potassium 220mg	4%

\*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 Dehydrated Potatoes, Dextrose, Modified Cellulose, Natural Flavor, Salt, Sodium Acid Pyrophosphate Added To Maintain Color.



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