

tater tots nutrition data

tater tots nutrition data provides an essential overview for individuals seeking to understand the nutritional profile of this popular potato-based snack. Tater tots, often enjoyed as a side dish or snack, are made from grated potatoes that are deep-fried or baked until crispy. This article explores the comprehensive nutritional content of tater tots, including macronutrients, micronutrients, calorie count, and other health-related information. Additionally, it discusses the variations in nutrition depending on preparation methods and serving sizes. Understanding tater tots nutrition data can assist consumers in making informed dietary choices, especially when integrating these snacks into balanced meal plans. The following sections will delve into detailed aspects such as calorie breakdown, fat content, vitamins, minerals, and potential health implications associated with consumption.

- Caloric Content and Macronutrients in Tater Tots
- Fat Composition and Types of Fats
- Carbohydrates and Fiber Content
- Protein and Amino Acid Profile
- Vitamins and Minerals in Tater Tots
- Impact of Preparation Methods on Nutrition
- Health Considerations and Dietary Recommendations

Caloric Content and Macronutrients in Tater Tots

Tater tots nutrition data highlights that these snacks are primarily a source of carbohydrates and fats, contributing significantly to daily caloric intake. A standard serving size of tater tots, approximately 85 grams or about 10 pieces, contains around 160 to 180 calories. These calories are distributed among macronutrients, including carbohydrates, proteins, and fats.

Calorie Breakdown

The calorie content in tater tots is derived mainly from carbohydrates and fats. Carbohydrates generally contribute about 60% of the total calories, while fats account for approximately 35%, and protein makes up the remaining portion. This composition reflects the ingredients and cooking methods used, such as frying, which increases fat content.

Serving Size Considerations

Caloric values vary depending on the serving size and brand. It is important to note that larger portions will proportionally increase caloric intake. For example, a 3-ounce (85-gram) serving typically contains about 160 to 180 calories, whereas a 6-ounce serving can double this amount. Reading nutrition labels is essential for accurate consumption tracking.

Fat Composition and Types of Fats

Fat content is a significant factor within tater tots nutrition data, as it affects both calorie density and health implications. Tater tots typically contain 8 to 10 grams of total fat per serving, with variations depending on cooking methods and added ingredients.

Saturated and Unsaturated Fats

Within the total fat content, saturated fats account for approximately 1.5 to 2 grams per serving. Unsaturated fats, including monounsaturated and polyunsaturated fats, make up the remaining fat content. The presence of unsaturated fats is beneficial for heart health when consumed in moderation.

Trans Fat Considerations

Commercially prepared or processed tater tots may contain small amounts of trans fats, especially if partially hydrogenated oils are used during frying. Trans fats are associated with negative cardiovascular effects, so consumers should check product labels to minimize intake.

Carbohydrates and Fiber Content

Carbohydrates are the primary macronutrient in tater tots, originating from the potatoes used in their preparation. The carbohydrate content per serving ranges between 15 and 20 grams.

Types of Carbohydrates

Most carbohydrates in tater tots are starches derived from potatoes. There is minimal sugar content, usually less than 1 gram per serving. The starches provide a quick source of energy but can impact blood sugar levels, especially for individuals with insulin sensitivity.

Dietary Fiber

Tater tots contain a small amount of dietary fiber, typically around 1 to 2 grams per serving. Fiber contributes to digestive health and can help moderate blood sugar spikes. However, tater tots are not a significant source of fiber compared to other vegetable-based foods.

Protein and Amino Acid Profile

Although not a high-protein food, tater tots contribute a modest amount of protein. A typical serving contains between 2 and 3 grams of protein, mainly from the potatoes.

Quality of Protein

The protein found in tater tots is plant-based and lacks some essential amino acids when compared to animal proteins. Therefore, tater tots should be complemented with other protein sources for balanced nutrition.

Protein's Role in Satiety

Even the small amount of protein in tater tots can aid in satiety and help reduce overall calorie consumption when eaten as part of a meal. However, relying solely on tater tots for protein is not advisable for meeting daily requirements.

Vitamins and Minerals in Tater Tots

Tater tots contain various vitamins and minerals, albeit in moderate amounts. Potatoes are a natural source of several micronutrients, some of which are retained after processing and cooking.

Key Vitamins

Vitamin C is present in tater tots but in reduced quantities due to the cooking process. Other vitamins include small amounts of B-complex vitamins such as vitamin B6 and niacin, which play roles in metabolism and energy production.

Important Minerals

Tater tots provide minerals like potassium, iron, and magnesium. Potassium content is notable, contributing to electrolyte balance, while iron supports oxygen transport in the blood. However, sodium levels can be high, particularly in commercially prepared products, necessitating moderation for those monitoring salt intake.

Impact of Preparation Methods on Nutrition

The nutritional profile of tater tots can vary significantly depending on preparation techniques, including frying, baking, or air frying.

Deep Frying vs. Baking

Deep frying increases fat and calorie content due to oil absorption. Baking or air frying offers a healthier alternative by reducing added fats while maintaining texture and flavor. Nutrient retention, especially of vitamins, is generally better in baked tater tots compared to fried ones.

Homemade vs. Store-Bought

Homemade tater tots allow control over ingredients and cooking methods, often resulting in lower sodium and fat content. Store-bought or frozen varieties may contain preservatives, added salts, and oils that influence the nutrition data.

Health Considerations and Dietary Recommendations

Understanding tater tots nutrition data is important for incorporating this food into a balanced diet while managing health risks.

Caloric and Fat Intake

Due to their relatively high calorie and fat content, frequent consumption of tater tots should be moderated, especially for individuals aiming for weight management or cardiovascular health.

Sodium and Processed Ingredients

Many commercially prepared tater tots contain elevated sodium levels, which can contribute to hypertension. Choosing low-sodium options or preparing tater tots at home can mitigate these concerns.

Inclusion in a Balanced Diet

When consumed in moderation and paired with nutrient-dense foods like vegetables and lean proteins, tater tots can be part of a diverse and balanced meal plan. Paying attention to portion sizes and preparation methods helps optimize their nutritional benefit.

- Provides approximately 160-180 calories per 85-gram serving
- Contains 8-10 grams of total fat, including saturated and unsaturated fats
- Offers 15-20 grams of carbohydrates, mostly starches, with 1-2 grams of fiber
- Includes 2-3 grams of plant-based protein
- Supplies vitamins such as vitamin C, B6, and niacin in moderate amounts

- Contributes minerals like potassium, iron, magnesium, but can be high in sodium
- Nutritional content varies based on frying, baking, and ingredient choices

Frequently Asked Questions

What are tater tots made of?

Tater tots are made primarily from grated or shredded potatoes that are seasoned, shaped into small cylinders, and then deep-fried or baked.

How many calories are in a serving of tater tots?

A typical serving of tater tots (about 85 grams or 10-15 pieces) contains approximately 160-180 calories, depending on the brand and cooking method.

What is the fat content in tater tots?

A serving of tater tots usually contains around 8-10 grams of fat, with some variation depending on whether they are fried or baked.

Are tater tots a good source of protein?

Tater tots provide a small amount of protein, typically around 2-3 grams per serving, but they are not considered a significant protein source.

How much sodium is in tater tots?

Tater tots often contain about 300-400 milligrams of sodium per serving, though this can vary widely based on preparation and brand.

Do tater tots contain dietary fiber?

Yes, tater tots contain some dietary fiber, usually around 2 grams per serving, due to the potato content.

Are tater tots gluten-free?

Plain tater tots made from potatoes are naturally gluten-free, but some brands or recipes may include additives or coatings containing gluten, so it's important to check the label.

How do baked tater tots compare nutritionally to fried tater

tots?

Baked tater tots generally have fewer calories and less fat compared to fried tater tots because baking requires less oil during cooking.

Can tater tots fit into a low-carb diet?

Tater tots are relatively high in carbohydrates (about 15-20 grams per serving), so they may not be suitable for strict low-carb diets.

What vitamins and minerals are present in tater tots?

Tater tots contain small amounts of vitamins and minerals such as vitamin C, potassium, and iron, primarily from the potato content, but they are not a significant source of these nutrients.

Additional Resources

1. *The Nutritional Breakdown of Tater Tots: A Comprehensive Guide*

This book delves into the detailed nutritional content of tater tots, exploring calories, fats, carbohydrates, and protein values. It examines how different cooking methods affect their nutritional profile. Readers will gain insight into making healthier choices when enjoying this popular snack.

2. *Tater Tots and Health: Understanding Their Place in a Balanced Diet*

Focusing on the role of tater tots within a balanced diet, this book discusses portion control, frequency of consumption, and healthier preparation techniques. It also compares tater tots with other potato-based snacks to highlight their nutritional differences. Practical tips for integrating tater tots into meal plans are included.

3. *From Farm to Table: The Nutritional Journey of Tater Tots*

This title traces the origins of tater tots from raw potatoes to the finished product, emphasizing how processing impacts nutritional value. It covers agricultural practices, ingredient sourcing, and manufacturing processes. Nutritional data is analyzed at each stage to provide a complete picture.

4. *Healthy Tater Tots: Recipes and Nutrition Facts*

A combination cookbook and nutrition guide, this book offers recipes for homemade tater tots with healthier ingredient substitutions. Nutritional data is provided for each recipe, helping readers make informed dietary choices. It encourages experimentation with flavors while maintaining nutritional balance.

5. *Comparative Nutrition: Tater Tots vs. Other Potato Snacks*

This book compares the nutritional aspects of tater tots with French fries, potato chips, and other popular potato snacks. It highlights differences in fat content, sodium levels, and caloric density. The analysis helps consumers understand the healthiest options when craving potato-based treats.

6. *The Science of Snack Foods: Tater Tots Nutrition Explained*

Exploring the science behind snack foods, this book focuses on the nutritional composition of tater tots and their impact on health. It includes discussions on food additives, preservation techniques, and their effects on nutritional quality. The book is ideal for readers interested in food science and

nutrition.

7. *Nutrition Myths and Facts About Tater Tots*

This title addresses common misconceptions surrounding tater tots and their nutritional value. It uses scientific data to debunk myths and clarify facts, providing readers with accurate information. The book also offers guidance on how to enjoy tater tots without compromising health.

8. *Portion Control and Nutrition: Managing Tater Tot Consumption*

Focusing on portion sizes, this book explains how controlling tater tot intake can fit into a healthy lifestyle. It provides nutritional data for various serving sizes and suggests strategies to avoid overeating. Tips for mindful eating and balanced snacking are included.

9. *Innovations in Tater Tot Nutrition: Trends and Future Perspectives*

This forward-looking book examines recent developments in enhancing the nutritional profile of tater tots. Topics include the use of alternative ingredients, fortification, and cooking technologies aimed at reducing unhealthy components. It offers insights into the future of healthier snack options.

Tater Tots Nutrition Data

Find other PDF articles:

<https://admin.nordenson.com/archive-library-105/Book?docid=gPi36-5113&title=benton-county-economic-development.pdf>

tater tots nutrition data: *The NutriBase Nutrition Facts Desk Reference*, 2001 From abalone to zucchini, this easy-to-use reference provides information that helps monitor the nutritional intake of thousands of food products.

tater tots nutrition data: Low Sugar, So Simple Elviira Krebber, 2017-11-21 Low Sugar, So Simple will get the sugar off your plate for good with 100 recipes free of the sugars that are sabotaging your health. Sugar is quickly becoming the next health epidemic. Numerous studies have confirmed that sugar is a highly addictive substance with catastrophic effects on our health. Research has shown that drinking a can of soda a day increases the risk of a heart attack nearly as much as smoking. Sugar lurks in everything from condiments to salad dressing to deli meat. Combine that with the fact that many foods contain things like starches, fillers, and artificial ingredients which act like sugar in the body, and you've got a perfect storm for lifelong sugar addiction and compromised health. Low-Sugar, So Simple shows you how to get sugar off your plate for good. Popular blogger Elviira Krebber of Low-Carb, So Simple provides 100 low and no sugar recipes for everything from condiments to main dishes to desserts. Learn healthy substitutions for sugar, how to remove stealth sugars, and get the sugar pretenders like starches, fillers, and additives out of your diet for good. Done in the author's trademark approachable style, living the low-sugar lifestyle is easy with 100 recipes that are delicious, healthy, and easy to prepare.

tater tots nutrition data: The NutriBase Nutrition Facts Desk Reference Art Ulene, 1995 With over 40,000 entries, this book presents information for a wide range of foods.

tater tots nutrition data: Insights in Nutritional Epidemiology Mauro Serafini, Francesco Sofi, Megan A. McCrory, 2022-11-09

tater tots nutrition data: It's a Jungle at Home Debra White Smith, 2006-01-01 In hilarious short stories that highlight Christian principles, Smith shares comical situations that include serving

French fry flamb and encountering the perfect mom. Each story has an upbeat conclusion and a survival tip.

tater tots nutrition data: Nutrition and Human Needs--1972 United States. Congress. Senate. Select Committee on Nutrition and Human Needs, 1973

tater tots nutrition data: Quick and Easy Low Sugar Recipes Elviira Krebber, 2024-03-12 Quick and Easy Low Sugar Recipes offers simple sugar-free, low-carb, gluten-free recipes that crush sugar cravings and carb addiction.

tater tots nutrition data: Delivery of Nutrition by the Domestic Feeding Programs of the U.S. Department of Agriculture United States. Congress. House. Committee on Agriculture. Subcommittee on Department Operations and Nutrition, 1994

tater tots nutrition data: School Food Service Journal , 1989

tater tots nutrition data: The Wholesome Yum Easy Keto Carboholics' Cookbook Maya Krampf, 2022-07-28 The keto diet is a natural, low carb way of eating that has demonstrated numerous benefits, from weight loss to energy levels and more. But it's not always easy to give up carbs and comfort foods. Now, you don't have to! Maya Krampf, author of the USA Today Best Seller, The Easy Keto Cookbook, brings you 100 easy, healthy, and low carb recipes for all the carb-filled foods that keto lifestyle followers miss, including: Bread Soups & Sandwiches Potatoes & Rice Pasta Pizza Mexican Fried Foods Snacks Breakfast Casseroles Desserts Condiments Every recipe in The Easy Keto Carboholics' Cookbook is keto friendly, low carb, gluten-free, and made with under 10 ingredients. You'll also find simple substitution options, labels for nut-free, dairy-free, and vegetarian recipes, helpful tips, and full macros. There's no reason to miss out on your favorite comfort foods!

tater tots nutrition data: Hearings on H.R. 8, Child Nutrition Reauthorization United States. Congress. House. Committee on Education and Labor. Subcommittee on Elementary, Secondary, and Vocational Education, 1994

tater tots nutrition data: Taste of Home Comfort Food Diet Cookbook: New Family Classics Collection Taste Of Home, 2010-12-23 A follow up to the best-selling original, this second volume of Comfort Food Diet Cookbook offers 416 new family friendly recipes for hearty all-time favorites with fewer calories than expected. In addition to hundreds of recipes, the book consists of testimonials and photos from actual dieters, a six-week meal plan, notes on exercise, tips on making healthy food choices, and more. Realistic portions combined with exceptional taste put pleasure back in healthy eating without sacrificing quality or satisfaction. After all, the Comfort Food Diet is about what people can eat, not what they have to give up.

tater tots nutrition data: Hearings, Reports and Prints of the Senate Select Committee on Nutrition and Human Needs United States. Congress. Senate. Select Committee on Nutrition and Human Needs, 1972

tater tots nutrition data: The Balancing Act Georgia G. Kostas, 1993 Discusses how the reader can: design an eating program to fit his or her lifestyle; boost energy, reduce appetite and control overeating; exercise in order to increase metabolism, burn more body fat, and change body composition; develop habits that promote a healthier lifestyle; eat favorite foods by balancing fat intake; choose the best restaurant meals, fast foods, snacks, brown-bag lunches, quick-fix suppers; interpret food labels; etc. Includes two weeks of sample menus.

tater tots nutrition data: Sports Gail Fay, 2012-11-21 Whether playing baseball, basketball, field hockey, football, lacrosse, tennis, soccer, softball, volleyball, or wrestling, millions of teens all over the country participate in some sporting activity. Despite widespread enthusiasm for such activities, not all teens know how to make the most out of their interests, and some teens who might want to get involved don't know which sports are right for them. For high school athletes of all levels, this book provides up-to-date information on sports-related issues, practical tips, and valuable resources. Each chapter features quotes from current and former high school athletes who share their experiences related to the given topic. Issues discussed include choosing a sport to playbalancing all aspects of life as a student-athletedealing with the pressures of

competitionimproving athletic performanceconsequences of performance-enhancing drugs and supplementscommon injuries and prevention measurestraining during the off-seasonplaying in collegesports-related careers and opportunities Throughout the book, readers will find sidebars containing various sports-related tidbits: high school sports stories, the history of various sports, interesting facts, short biographies, and sports-themed young adult novels. Filled with useful information, Sports: The Ultimate Teen Guide will help high school athletes of all levels, from freshman novices to highly competitive seniors.

tater tots nutrition data: Nutrition and Wellness Resource Guide Joanna Kister, 1994

tater tots nutrition data: Red Book , 1991-05 The magazine for young adults (varies).

tater tots nutrition data: Innovative Approaches to Evaluation of Nutrition Programs in Youth Timothy Brian Matthiessen, 2010

tater tots nutrition data: Stop High-stakes Testing Dale D. Johnson, 2008 The objectives of corrective justice are affordable housing with reliable running water and electricity; employment for parents and guardians to make a living wage; top-notch tutors for all children who need them; equity in school buildings, personnel, and resources; adequate medical and dental care for all students; and violence-free communities and home lives. These objectives are appropriate in a nation where children recite the words with liberty and justice for all at the start of each school day. The authors argue that until corrective justice has been established, high-stakes testing in public schools must be discontinued.--BOOK JACKET.

tater tots nutrition data: Making Americans Jessica Lander, 2022-10-04 2024 recipient of the George Orwell Award for Distinguished Contribution to Honesty and Clarity in Public Language given by the National Council of Teachers of English Making Americans shines a light on the barriers that immigrant students in the US face—and shares some inspiring stories about students who have overcome them —Bill Gates A landmark work that weaves captivating stories about the past, present, and personal into an inspiring vision for how America can educate immigrant students Setting out from her classroom, Jessica Lander takes the reader on a powerful and urgent journey to understand what it takes for immigrant students to become Americans. A compelling read for everyone who cares about America's future, Making Americans brims with innovative ideas for educators and policy makers across the country. Lander brings to life the history of America's efforts to educate immigrants through rich stories, including these: -The Nebraska teacher arrested for teaching an eleven-year-old boy in German who took his case to the Supreme Court -The California families who overturned school segregation for Mexican American children -The Texas families who risked deportation to establish the right for undocumented children to attend public schools She visits innovative classrooms across the country that work with immigrant-origin students, such as these: -A school in Georgia for refugee girls who have been kept from school by violence, poverty, and natural disaster -Five schools in Aurora, Colorado, that came together to collaborate with community groups, businesses, a hospital, and families to support newcomer children. -A North Carolina school district of more than 100 schools who rethought how they teach their immigrant-origin students She shares inspiring stories of how seven of her own immigrant students created new homes in America, including the following: -The boy who escaped Baghdad and found a home in his school's ROTC program -The daughter of Cambodian genocide survivors who dreamed of becoming a computer scientist -The orphaned boy who escaped violence in the Democratic Republic of the Congo and created a new community here Making Americans is an exploration of immigrant education across the country told through key historical moments, current experiments to improve immigrant education, and profiles of immigrant students. Making Americans is a remarkable book that will reshape how we all think about nurturing one of America's greatest assets: the newcomers who enrich this country with their energy, talents, and drive.

Related to tater tots nutrition data

Arrastar e soltar arquivos no WhatsApp não funciona. Boa tarde, Estou com um problema no arrastar e soltar para o aplicativo WhatsApp para Windows, atualmente uso a versão 23H2

compilação 22631.3672 do Windows 11 Pro. Quando

Whatsapp Web não carrega as mensagens; o que fazer? O WhatsApp Web pode apresentar alguns erros de conectividade com o aplicativo para celular, e, assim, apresentar lentidão ao carregar as mensagens. A primeira sugestão que damos é

Is Whatsapp web down? - Cannot link my device now

Tag: webwhatsapp - Fórum TechTudo Como descobrir qual celular estava conectado ao meu WhatsApp web depois que desconectei? Qualquer numeração do celular, seja IP, número do chip, etc é válida

Whatsapp web nao mostra imagens enviadas ou recebidas. Galera, to com um problema estranho. No Whastapp web acessando pelo google chrome, nao consigo visualizar as imagens sejam elas enviadas ou recebidas numa conversa, vejam

WhatsApp Web: como entrar sem o QR code ou sem câmera? Galera, como usar o WhatsApp Web no PC sem o QR Code ou sem câmera? Meu celular quebrou e não liga mais. Como não consigo ligar, não tenho como pegar o código

QR Code do WhatsApp Web não carrega, como resolver? Olá, meu WhatsApp Web não gera o QR Code. Eu abri o WhatsApp pelo meu PC e funcionou normalmente, mas agora ele fica buscando, não gera o QR Code e não aparece nada para

Conversa não sincroniza no WhatsApp para Windows: o que fazer? Bom dia a todos! Estou com um problema muito estranho. No Whatsapp Web, somente uma conversa nao sincroniza.

Inclusive, ela não aparece na última hora que uma mensagem foi

não estou conseguindo gravar audio pelo whats app web Olá Bem-vinda à Comunidade Microsoft Windows Tudo bem, Andreia? Sinto muito que esteja tendo problemas para gravar áudio pelo WhatsApp Web, o app é bugado e não há muitas

O que fazer quando o WhatsApp Web não abre? - Fórum TechTudo Obs: Redes Wi-Fi administradas podem estar configuradas para bloquear ou limitar as conexões com o WhatsApp. Caso receba uma notificação sinalizando que sua rede Wi-Fi está

11 Modules Of Hospital Management System And Their Benefits What is a Hospital Management System? A study showed that healthcare providers spend 35% of their time on documenting patient data. While paperwork is

Top 15 Hospital Management Systems - TheCconnects Top 15 Hospital Management Systems for Seamless Healthcare Operations In the ever-evolving world of healthcare, efficient hospital management systems play a pivotal role in streamlining

Best Hospital Management System 2025 - TrustRadius What are Hospital Management Systems? Hospital management systems (HMS) are software suites that provide private information and management features. These systems are

Best Hospital Management Software 2025 | Capterra Find the top Hospital Management software of 2025 on Capterra. Based on millions of verified user reviews - compare and filter for whats important to you to find the best tools for

How does it work? : r/Sniffies - Reddit I am new to this and need some help. There is a cruising spot on sniffies where it looks like people just park their cars (it's near a walking trail). How does it work? Do you sit in

First time thanks to Sniffies! (long) : r/Sniffies - Reddit A month or so ago I found Sniffies, and have been continuing some of the same over the last month. Just chatting and exchanging pics, but nothing more. I clicked on a profile (funny

Is premium worth it? : r/Sniffies - Reddit Sniffies is far from being the perfect site, but what it does offer it typically does semi-well to pretty well. I like being able to jump around in an area, and even a small tweak can make a big

And what does this mean? and that? : r/Sniffies - Reddit Is there a legend or glossary that explains what all their symbols, signs, and colors mean? This is more confusing than the old hankie code,

Sniffies color and symbol meanings? : r/Sniffies - Reddit I just joined and need help

understanding what all the different profile colors and symbols on the map. Is there a list of meanings on the site?

I finally figured out what those clusters of profiles are : r/Sniffies It's a way to cheat both the platform's legitimate users and advertisers. Not only has the number of visible profiles been reduced by Sniffies, but among those visible profiles, a number of fake

Is there Sniffies App? : r/Sniffies - Reddit So I went online and I saw that there is a Sniffies app. When I went to the App Store to download it, I could not find it. Can somebody help me with

Cruising locations : r/Sniffies - Reddit A community discussing the homo map-based hookup site Sniffies. Screenshots, stories, bugs, tips, feature requests, profile reviews, rants, and more. (Not affiliated with

Any other apps like sniffies and grindr? : r/Sniffies - Reddit Any other apps like sniffies and grindr? Question im just so bored of them and scruff too Add a Comment

Why isn't there a Sniffies style app for heterosexuals? - Reddit Why isn't there a Sniffies style app for heterosexuals? This question was postulated and proposed to me and gave me pause to think. The Sniffies app and website are

Related to tater tots nutrition data

Loaded Tater Tots: The Perfect Bite-Sized Appetizer (Laura Lynch | A Food Lover's Kitchen on MSN10mon) Loaded Tater Tots are everything you love about a loaded baked potato packed into a crispy, bite-sized treat. These tater tot

Loaded Tater Tots: The Perfect Bite-Sized Appetizer (Laura Lynch | A Food Lover's Kitchen on MSN10mon) Loaded Tater Tots are everything you love about a loaded baked potato packed into a crispy, bite-sized treat. These tater tot

Taste-Off: The best tater tots in supermarket freezer cases — and the ones to avoid (Mercury News2y) Warning: There's absolutely nothing healthy or nutritionally redeeming about "tater tots." They're straight up junk food, loaded with fat and salt. But they're also crispy, salty and simply

Taste-Off: The best tater tots in supermarket freezer cases — and the ones to avoid (Mercury News2y) Warning: There's absolutely nothing healthy or nutritionally redeeming about "tater tots." They're straight up junk food, loaded with fat and salt. But they're also crispy, salty and simply

Back to Home: <https://admin.nordenson.com>