

Food List

You can use this list to figure out the portion size and phe content of each food.

Brand	Food	Measure	Weight (gm)	Phe (mg)	No. of Exch.	Mg phe/gm Food	Pro (gm)	Calories (kcal)
Ore-Ida	Microwave Hash Browns	1 patty	57	51	3.4	0.90	1.2	110
Ore-Ida	Microwave Tater Tots, 3.75 oz. carton	1 carton	105	95	6.3	0.90	2.2	190
Ore-Ida	Natural Butter Flavor Mashed Potatoes	½ cup	59	53	3.5	0.90	1.3	80
Ore-Ida	Onion Tater Tots	3 oz. (~9)	84	86	5.7	1.02	1.9	150
Ore-Ida	Pixie Crinkles	3 oz. (~33)	84	80	5.3	0.95	1.9	140
Ore-Ida	Potatoes O'Brien	¾ cup	84	75	5.0	0.89	1.8	60
Ore-Ida	Potato Wedges with Skin	3 oz. (~9)	84	75	5.0	0.89	1.8	110
Ore-Ida	Shoestrings	3 oz. (~38)	84	75	5.0	0.89	1.8	150
Ore-Ida	Shredded Hash Browns	1 patty	33	30	2.0	0.91	0.7	70
Ore-Ida	Snackin' Fries, 5 oz. pkg.	1 pkg.	140	143	9.5	1.02	3.0	340
Ore-Ida	Southern Style Hash Browns	¾ cup	87	78	5.2	0.90	1.9	70
Ore-Ida	Tater ABC's	3 oz. (~10)	84	75	5.0	0.89	1.8	190
Ore-Ida	Tater Tots	3 oz. (~9)	84	75	5.0	0.89	1.8	160
Ore-Ida	Tater Tots, Bacon Artificial Flavor	3 oz. (~9)	84	86	5.7	1.02	1.9	150
Ore-Ida	Texas Crispers	3 oz.	84	86	5.7	1.02	1.9	170
Ore-Ida	Toaster Hash Browns	1 patty	33	30	2.0	0.91	.07	85
Ore-Ida	Twice Baked Potato, Ranch Flavor	5 oz.	140	225	15.0	1.61	4.7	180
Ore-Ida	Twice Baked Potato, Sour Cream & Chives	5 oz.	140	201	13.4	13.44	4.2	180
Ore-Ida	Waffle Fries	3 oz. (~15)	84	75	5.0	0.89	1.8	140
Ore-Ida	Zesties!	3 oz. (~12)	84	86	5.7	1.02	1.9	160
	Potatoes, all colors, raw, chopped	½ cup	82	75	5.0	0.91	1.8	65
	Potatoes, all colors, baked or boiled, diced	¼ cup	41	36	2.4	0.88	0.8	33
	Potatoes, flakes, instant dry	1 Tabl.	3	11	0.7	3.95	0.2	10
	Potatoes, fried or hash browns	¼ cup	39	40	2.7	1.03	0.9	82
	Potatoes, French fries, 2" long, ¼" dia.	6	30	44	3.0	48	1.0	67
	Potatoes, all colors, mashed, no added ingredients	¼ cup	62	54	3.6	0.87	1.2	57
Idaho Spuds	Potatoes, mix only	2 Tabl.	19	61	4.1	3.24	1.3	70
Idaho Spuds	Potatoes, prepared	¼ cup	52	62	4.1	1.18	1.3	65
Hungry Jack	Potatoes, mix only	2 Tabl.	19	61	4.1	3.23	1.3	70
Hungry Jack	Potatoes, prepared	¼ cup	52	48	3.2	0.90	1.0	65
Ore-Ida	Cottage Fries	3 oz (~14)	84	75	5.0	0.89	1.9	130
Ore-Ida	Country Style Dinner Fries	3 oz (~28)	84	75	5.0	0.89	1.8	110
Ore-Ida	Country Style Hash Browns	1 cup	75	67	4.5	0.89	1.6	60
Ore-Ida	Crispers!	3 oz (~17)	84	85	5.7	1.01	1.8	220
Ore-Ida	Crispy Crowns	3 oz. (~12)	84	77	5.1	0.92	1.8	190
Ore-Ida	Crispy Crunchies!	3 oz. (~12)	84	86	5.7	1.02	1.9	160
Ore-Ida	Deep Fries Crinkle Cuts	3 oz. (~18)	84	75	5.0	0.89	1.8	160
Ore-Ida	Deep Fries French Fries	3 oz (~22)	84	75	5.0	0.89	1.8	160
Ore-Ida	Fast Fries Ranch Flavor	3 oz (~22)	84	86	5.7	1.02	1.9	150
Ore-Ida	Golden Crinkles	3 oz. (~16)	84	75	5.0	0.89	1.8	120
Ore-Ida	Golden Fries	3 oz. (~16)	84	75	5.0	0.89	1.8	120
Ore-Ida	Golden Patties	1 patty	71	64	4.3	0.90	1.5	140
Ore-Ida	Golden Twirls	3 oz. (~28)	84	75	5.0	0.89	1.8	160
Ore-Ida	Hot Tots	3 oz. (~9)	84	75	5.0	0.89	1.8	150
Ore-Ida	Microwave Crinkle Cuts, 3.5 oz. Carton	1	99	88	5.9	0.89	2.1	180
	Potato Chips, Plain or Barbeque	3	5	13	0.9	2.60	0.4	27
	Potato Chips, Sour Cream & Onion	3	5	14	0.9	2.80	0.4	27
	Potato Chips, slightly crushed	¼ cup	10	26	1.7	2.60	0.7	54
	Potato Chips, Kettle-Style	3	5	13	0.9	2.60	0.4	27



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