



## Taco Taters

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



284 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.3 lb baking potatoes
- 1 oz taco seasoning
- 3 tablespoons cornmeal
- 0.3 cup vegetable oil
- 1 serving salsa

### Equipment

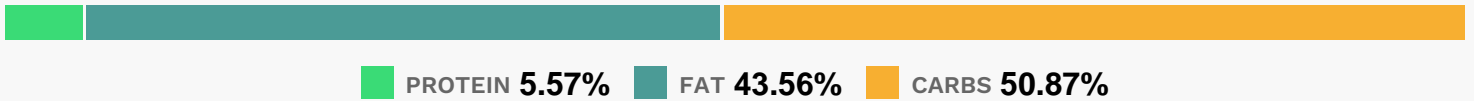
- baking sheet
- paper towels

- oven
- ziploc bags
- microwave
- slotted spoon

## Directions

- Heat oven to 450°F. Pierce potatoes with fork; place on microwavable paper towel or roasting rack in microwave. Microwave on High 6 to 8 minutes, turning once halfway through cooking, until almost tender.
- Meanwhile, in large resealable food-storage plastic bag, mix taco seasoning mix and cornmeal.
- Cut cooked potatoes lengthwise into quarters; place in large shallow dish.
- Drizzle with oil; toss to coat. With large slotted spoon, place potatoes in plastic bag of seasoning mixture; shake to coat. Arrange potatoes on ungreased cookie sheet.
- Bake about 8 minutes or until golden brown and tender.
- Serve with salsa.

## Nutrition Facts



## Properties

Glycemic Index:38.31, Glycemic Load:24.75, Inflammation Score:-6, Nutrition Score:9.8756522665853%

## Nutrients (% of daily need)

Calories: 284.34kcal (14.22%), Fat: 14.2g (21.85%), Saturated Fat: 2.2g (13.73%), Carbohydrates: 37.32g (12.44%), Net Carbohydrates: 33.17g (12.06%), Sugar: 2.69g (2.99%), Cholesterol: 0mg (0%), Sodium: 632.15mg (27.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.18%), Vitamin B6: 0.58mg (29%), Vitamin K: 28.13µg (26.79%), Potassium: 675.28mg (19.29%), Fiber: 4.15g (16.59%), Manganese: 0.29mg (14.72%), Vitamin C: 11.96mg (14.5%), Vitamin A: 704.78IU (14.1%), Iron: 2.04mg (11.33%), Magnesium: 44mg (11%), Phosphorus: 102.59mg (10.26%), Vitamin B1: 0.15mg (9.95%), Vitamin B3: 1.84mg (9.2%), Copper: 0.18mg (8.95%), Vitamin E: 1.25mg (8.37%), Folate: 24.04µg (6.01%), Vitamin B5: 0.52mg (5.16%), Zinc: 0.69mg (4.58%), Vitamin B2: 0.06mg (3.5%), Calcium: 22.35mg (2.23%), Selenium: 1.13µg (1.61%)