



Taco Taters



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



291 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

Equipment

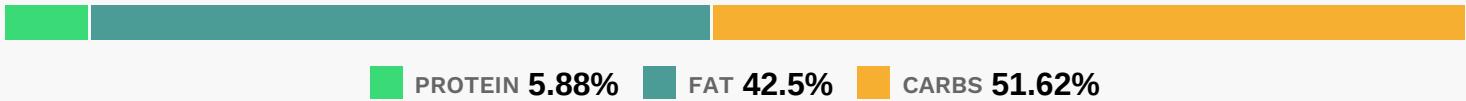
- ☐ baking sheet
- ☐ paper towels

- ☐ oven
- ☐ ziploc bags
- ☐ microwave
- ☐ slotted spoon

Directions

- ☐ Heat oven to 450F. 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:10.750434725181%

Nutrients (% of daily need)

Calories: 291.3kcal (14.56%), Fat: 14.25g (21.92%), Saturated Fat: 2.2g (13.76%), Carbohydrates: 38.94g (12.98%), Net Carbohydrates: 34.36g (12.49%), Sugar: 3.6g (4%), Cholesterol: 0mg (0%), Sodium: 789.59mg (34.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.87%), Vitamin B6: 0.62mg (31.11%), Vitamin K: 29.14µg (27.75%), Potassium: 737.2mg (21.06%), Fiber: 4.58g (18.32%), Vitamin A: 819.98IU (16.4%), Manganese: 0.32mg (16.08%), Vitamin C: 12.42mg (15.05%), Magnesium: 47.6mg (11.9%), Iron: 2.14mg (11.89%), Phosphorus: 110.27mg (11.03%), Vitamin B3: 2.11mg (10.54%), Vitamin B1: 0.16mg (10.51%), Vitamin E: 1.55mg (10.32%), Copper: 0.19mg (9.73%), Folate: 25µg (6.25%), Vitamin B5: 0.56mg (5.64%), Zinc: 0.74mg (4.9%), Vitamin B2: 0.07mg (3.95%), Calcium: 29.07mg (2.91%), Selenium: 1.34µg (1.92%)