



Taco Taters



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



282 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons cornmeal
- ☐ 1.3 lb baking potatoes
- ☐ 1 oz taco seasoning old el paso®
- ☐ 0.3 cup vegetable oil

Equipment

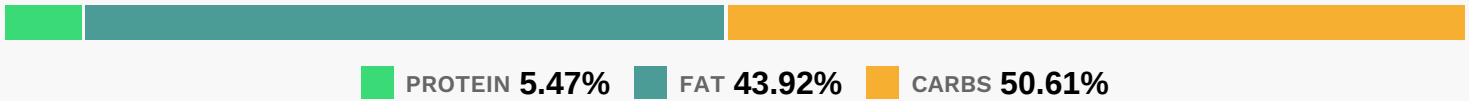
- ☐ baking sheet
- ☐ paper towels
- ☐ oven

- ☐ 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:9.5834783263828%

Nutrients (% of daily need)

Calories: 282.02kcal (14.1%), Fat: 14.19g (21.83%), Saturated Fat: 2.2g (13.72%), Carbohydrates: 36.78g (12.26%), Net Carbohydrates: 32.78g (11.92%), Sugar: 2.38g (2.65%), Cholesterol: 0mg (0%), Sodium: 579.67mg (25.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.95%), Vitamin B6: 0.57mg (28.29%), Vitamin K: 27.79µg (26.47%), Potassium: 654.64mg (18.7%), Fiber: 4g (16.01%), Vitamin C: 11.81mg (14.31%), Manganese: 0.29mg (14.27%), Vitamin A: 666.38IU (13.33%), Iron: 2.01mg (11.14%), Magnesium: 42.8mg (10.7%), Phosphorus: 100.03mg (10%), Vitamin B1: 0.15mg (9.77%), Vitamin B3: 1.75mg (8.75%), Copper: 0.17mg (8.69%), Vitamin E: 1.16mg (7.72%), Folate: 23.72µg (5.93%), Vitamin B5: 0.5mg (5%), Zinc: 0.67mg (4.47%), Vitamin B2: 0.06mg (3.35%), Calcium: 20.11mg (2.01%), Selenium: 1.05µg (1.51%)