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Potato Tacos ✦

Potato tacos are a delicious and filling Mexican dish. They are made with crispy fried potatoes, warm tortillas, and a variety of toppings. These tacos are perfect for a quick and easy weeknight dinner or a fun and casual party. Enjoy!

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	potatoes
8 pieces	tortillas
2 tbsp	oil
1 tsp	Salt
1 tsp	Pepper

1 tsp	Cumin
1 tsp	Paprika
1 pieces	onion
2 cloves	garlic
100 g	lettuce
2 pieces	Tomato
1 pieces	Avocado
4 tbsp	salsa
4 tbsp	sour cream

Directions

Step 1

Cutting

Peel and dice the potatoes.

Prep Time: 5 mins

Cook Time: 15 mins

Step 2

Frying

Heat oil in a pan over medium heat. Add the potatoes, salt, pepper, cumin, and paprika. Cook until the potatoes are crispy and golden brown, stirring occasionally.

Prep Time: 0 mins

Cook Time: 15 mins

Step 3

Cutting

Dice the onion and mince the garlic.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Sautéing

Heat oil in a pan over medium heat. Add the onion and garlic. Cook until the onion is translucent and fragrant.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Heating

Warm the tortillas in a dry pan or in the oven.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Assemble the tacos by placing a spoonful of potatoes on each tortilla. Top with lettuce, tomato, avocado, salsa, and sour cream.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 10 g

Protein: 6 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	6 g	15.79%	24%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	8 mg	100%	44.44%
Potassium	15 mg	0.44%	0.58%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Cuisines

Mexican

Italian

Kitchen Tools

Slow Cooker

Blender

Events

Picnic

Course

Salads

Snacks

Cultural

Chinese New Year

Diwali

Oktoberfest

Ramadan

Thanksgiving

Easter

Cost

Under \$10

\$20 to \$30

\$40 to \$50

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Meal Type

Snack

Supper

Difficulty Level

Medium

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