DietCloud – Recipe

Recipe Name: Homemade Tater Tots Recipe

Diet Type:

Course: Appetizer

Cuisine: Continental

Quantity:



Description

These homemade tater tots are a delightful take on a beloved classic, offering a perfectly crispy exterior and a fluffy, savory potato interior. Made from fresh potatoes seasoned with a blend of aromatic spices and fresh coriander, they are deep-fried to a beautiful golden-brown. Served hot, they make an irresistible side dish or a crowd-pleasing snack, often accompanied by ketchup or your favorite dipping sauce.
[PROS]
- Potatoes are a good source of Vitamin C, Vitamin B6, and potassium, contributing to overall health.
- Homemade preparation allows control over ingredients, potentially reducing sodium and artificial additives compared to store-bought versions.
- Provides complex carbohydrates for sustained energy, making them a satisfying component of a meal.
[CONS]
- Deep-frying significantly increases the fat and calorie content, contributing to unhealthy saturated and trans fats if not done properly.
- High in carbohydrates, which can lead to blood sugar spikes, especially when consumed in large portions.
- The overall nutritional value is diminished by the deep-frying process, turning a healthy vegetable into a less nutrient-dense option.
[DIETITIAN REVIEW]
While undeniably delicious and a classic comfort food, these homemade tater tots, due to deep-frying, are best enjoyed in moderation. Potatoes offer valuable nutrients, but the cooking method adds significant calories and unhealthy fats. Consider baking or air-frying as a healthier alternative to reduce the fat content.
Score: 6/10

Ingredients

Ingredient	Quantity
• Potatoes	10
• Garlic powder	1 teaspoon
• Onion powder	1 teaspoon
• Dried oregano	1 teaspoon
• Coriander Leaves	1 tablespoon - finely chopped

• Red Chilli flakes	1 teaspoon

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• All Purpose Flour	2 tablespoon

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• Rice flour	1 tablespoon

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• Salt	to taste

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- Sunflower Oil for deep frying

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Preparation

• 1.
• Peel the potatoes and boil them until tender, but not mushy.
• Drain thoroughly and let them cool completely.
• 2.
• Once cooled, grate the potatoes using a box grater or mash them well.
• Ensure there are no large lumps.
• 3.
• In a large bowl, combine the grated potatoes with garlic powder, onion powder, dried oregano, finely chopped coriander leaves, red chilli flakes, all-purpose flour, rice flour, and salt to taste.
• Mix everything thoroughly until well combined.
• 4.
• Take small portions of the potato mixture and shape them into small, cylindrical tater tots.
• Ensure they are compact so they don't fall apart during frying.
• 5.
• Heat sunflower oil in a deep pan or wok over medium-high heat.
• The oil should be hot enough (around 350°F / 175°C) but not smoking.
• 6.
• Carefully add the tater tots in batches to the hot oil, making sure not to overcrowd the pan.
• Fry for 4-6 minutes, or until they are golden brown and crispy on all sides.
• 7.
• Remove the fried tater tots with a slotted spoon and place them on a plate lined with paper towels to drain excess oil.
• 8.
• Serve the homemade tater tots hot with your favorite dipping sauce like ketchup.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
220	2	25	12	2	0