

Recipe Name: Zucchini Tater Tots Recipe - A Delicious Party Appetizer

Diet Type:

Course: Appetizer

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 3 Potatoes (Aloo) - skin peeled and boiled	30
• 2 Green zucchini - grated	
• 1 tablespoon Red Chilli flakes	
• 1 tablespoon Dried oregano	
• 1 tablespoon Dried Thyme Leaves	
• 1 tablespoon Black pepper powder	
• 1/4 cup Cheddar cheese - grated	
• 1/2 cup Whole Wheat Bread crumbs - bread crumbs	
• Salt - to taste	

Preparation

- To begin making the Zucchini Tater Tots Recipe, pressure cook the potatoes in a pressure cooker with 1/4 cup of water and cook it for at least 4 whistles.
- Allow the pressure to release naturally.
- Peel the skin of the potatoes, mash them and keep aside in a.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	15	8	1	1