

Mexican Roasted Potatoes

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Servings: 4

2 pounds Yukon Gold potatoes, cut into quarters or eighths
2 tablespoons olive oil
1 tablespoon garlic powder
1 teaspoon chipotle powder
1 teaspoon smoked paprika
1 tablespoon onion powder
1 large tomato, small diced
2 green onions, finely sliced
1/2 small red onion, finely diced
4 tablespoons cilantro, finely diced
1 jalapeno (optional), finely diced
2 cloves garlic, minced
juice of one lemon
salt (to taste)
pepper (to taste)
sliced avocado (optional)

Preparation Time: 10 minutes

Cook Time: 10 minutes

Preheat the oven to 450 degrees.

Combine the quartered potatoes with olive oil, garlic powder, onion powder, smoked paprika and chipotle powder. Toss until well coated. Place in a large roasting pan.

Place in the oven. Roast for 15 minutes. Rotate the pan and toss the potatoes by shaking the pan (This will ensure even cooking). Allow to cook for another 10 minutes.

In the meantime, make the pico de gallo: Combine the tomatoes, onions, jalapeno, cilantro, garlic and lime juice. Season to taste with salt and pepper.

Remove the potatoes from the oven. Allow to cool for 5 minutes. Toss with pico de gallo. Serve.

Start to Finish Time: 40 minutes

Per Serving (excluding unknown items): 283 Calories; 7g Fat (22.3% calories from fat); 7g Protein; 48g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 23mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):

283

Vitamin B6 (mg):

.1mg

% Calories from Fat: 22.3%
% Calories from Carbohydrates: 67.9%
% Calories from Protein: 9.8%
Total Fat (g): 7g
Saturated Fat (g): 1g
Monounsaturated Fat (g): 5g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 0mg
Carbohydrate (g): 48g
Dietary Fiber (g): 4g
Protein (g): 7g
Sodium (mg): 23mg
Potassium (mg): 246mg
Calcium (mg): 44mg
Iron (mg): 3mg
Zinc (mg): trace
Vitamin C (mg): 68mg
Vitamin A (i.u.): 569IU
Vitamin A (r.e.): 57RE

Vitamin B12 (mcg): 0mcg
Thiamin B1 (mg): .1mg
Riboflavin B2 (mg): trace
Folacin (mcg): 16mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0.0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 283 **Calories from Fat:** 63

% Daily Values*

Total Fat	7g	11%
	Saturated Fat 1g	5%
Cholesterol	0mg	0%
Sodium	23mg	1%
Total Carbohydrates	48g	16%
	Dietary Fiber 4g	16%
Protein	7g	
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Vitamin A		11%
Vitamin C		113%
Calcium		4%
Iron		17%

* Percent Daily Values are based on a 2000 calorie diet.