

WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Taco Fiesta Chips

| CATEGORY | SCORE/COMMENTS |
|---|--|
| Ingredients | SCORE: 5/5 |
| <i>How easy were the ingredients to find? Did I have on hand already?</i> | Really easy ingredients to find |
| <i>Are ingredients transferable to other recipes?</i> | |
| <i>Were the ingredients easy to cook and prepare?</i> | |
| Preparation | |
| <i>How easy was the recipe to follow and prepare ingredients?</i> | Very simple, however to get best results I suggest using a mandolin or food processor with slicing tool to get the perfect potato slices, and to chop up the walnuts, cashews |
| <i>Were there steps missing, or not well explained?</i> | |
| Cost | SCORE: 3.5/5 |
| <i>Was the item fair in price?</i> | Quite a few cashews and walnuts are needed, otherwise it is fairly inexpensive |
| <i>Were there ingredients that could have been swapped for cheaper ingredients?</i> | |
| Time | SCORE: 4/5 |
| <i>Did it take the amount of time indicated?</i> | There are a few steps which took time, but I suggest making a big batch of sour cream, you can use it for other recipes. She does a great job at separating the steps so you can do everything at the appropriate time |
| <i>Was it time consuming?</i> | |
| <i>Did it take only one day to prepare?</i> | |
| Appearance | SCORE: 5/5 |
| <i>Did the end product look appealing?</i> | Oh my goodness this was the best presentation I think yet! |
| <i>Did it have a good smell?</i> | |
| Taste/Flavor | SCORE: 5/5 |
| <i>How did finished recipe taste?</i> | AMAZING taste, and my taste tester gave it 2 thumbs up, he couldn't even believe it was vegan! |
| <i>Did flavors require modifying?</i> | |
| <i>Was there a secondary person to take a taste test? ;)</i> | |
| Texture | SCORE: 5/5 |
| <i>Was there a good amount of texture in the meal?</i> | Great texture, wasn't sure at first on how crunchy the walnuts were but it complimented nicely with the chewy potatoes |
| <i>Were their competing elements that distract from the recipe?</i> | |
| Satiety Level | SCORE: 5/5 |
| <i>Did I feel fulfilled at the end of the meal?</i> | Very filling |
| <i>How long was it after eating the recipe until I had to eat again?</i> | |
| Nutrition | SCORE: 3.5/5 |
| <i>How much of the daily recommendations of protein/fat/carbohydrates were in the meal?</i> | Under 500cals – 413 to be exact. A bit high in fats (31.6g) with only 8.8g of protein which I was surprised by. |
| <i>Were there any high allergens in the meal?</i> | |
| <i>Any ingredients that could be omitted?</i> | |
| Longevity | SCORE: 5/5 |
| <i>Could this item be made into a leftover?</i> | Yes, I separated the other potatoes I didn't |

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| <i>If so, how does it taste the next day, the day after?</i> | use and reheated them the next day in the oven before placing the other toppings on. It worked great! |
| <i>Are there certain instructions that need following (ie. keep in freezer?)</i> | |
| OVERALL SCORE: | 45.5/50 |

