



## Baked Potato Wedges

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



278 kcal

SIDE DISH

### Ingredients

- 4 large baking potatoes unpeeled
- 0.8 teaspoon pepper black freshly ground
- 1 teaspoon rosemary leaves fresh minced
- 1 teaspoon garlic fresh minced
- 1.5 teaspoons kosher salt
- 4 tablespoons olive oil good

### Equipment

- frying pan

oven

## Directions

Preheat the oven to 400 degrees F.

Scrub the potatoes, cut them in half lengthwise, then cut each half in thirds lengthwise. You'll have 6 long wedges from each potato.

Place the potatoes on a sheet pan with the olive oil, salt, pepper, garlic, and rosemary. With clean hands, toss all the ingredients together, making sure the potatoes are covered with oil.

Spread the potatoes in a single layer with 1 cut-side down.

Bake the potatoes for 30 to 35 minutes, turning to the other cut side after 20 minutes.

Bake until they are lightly browned, crisp outside, and tender inside.

Sprinkle with salt and serve.

## Nutrition Facts



**PROTEIN 7.44%** **FAT 30%** **CARBS 62.56%**

## Properties

Glycemic Index:24.46, Glycemic Load:35.04, Inflammation Score:-3, Nutrition Score:11.014347774827%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 278.24kcal (13.91%), Fat: 9.54g (14.68%), Saturated Fat: 1.36g (8.48%), Carbohydrates: 44.78g (14.93%), Net Carbohydrates: 41.51g (15.09%), Sugar: 1.53g (1.7%), Cholesterol: 0mg (0%), Sodium: 594mg (25.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.32g (10.65%), Vitamin B6: 0.86mg (42.78%), Potassium: 1031.47mg (29.47%), Manganese: 0.43mg (21.41%), Vitamin C: 14.18mg (17.19%), Magnesium: 57.16mg (14.29%), Phosphorus: 136.47mg (13.65%), Vitamin B1: 0.2mg (13.53%), Fiber: 3.27g (13.1%), Copper: 0.26mg (12.94%), Vitamin B3: 2.55mg (12.76%), Iron: 2.21mg (12.26%), Vitamin K: 10.46µg (9.97%), Vitamin E: 1.37mg (9.14%), Folate: 34.52µg (8.63%), Vitamin B5: 0.75mg (7.47%), Vitamin B2: 0.08mg (4.84%), Zinc: 0.72mg (4.83%), Calcium: 34.5mg (3.45%), Selenium: 1.07µg (1.53%)