



Baked Potato Wedges

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



223 kcal

SIDE DISH

Ingredients

- 3 large baking potatoes (russet or Idaho)
- 0.3 teaspoon garlic powder
- 0.5 teaspoon granulated sugar
- 0.3 teaspoon ground mustard
- 0.5 teaspoon paprika
- 0.8 teaspoon salt

Equipment

- bowl

- frying pan
- oven
- measuring cup

Directions

- Heat the oven to 425F. In a small bowl or measuring cup, mix the salt, sugar, paprika, mustard and garlic powder.
- Scrub the potatoes thoroughly with a vegetable brush and water to remove any dirt, but do not peel.
- Cut each potato in half lengthwise. Turn potatoes cut sides down, and cut each half lengthwise into 4 wedges. In a 13x9-inch pan, arrange the potato wedges with skin sides down.
- Spray the potato wedges with the cooking spray until lightly coated.
- Sprinkle with the salt mixture.
- Bake uncovered 25 to 30 minutes or until potatoes are tender when pierced with a fork. The baking time will vary depending on the size and type of the potato used.

Nutrition Facts

PROTEIN 10.47% **FAT 1.18%** **CARBS 88.35%**

Properties

Glycemic Index:43.71, Glycemic Load:39.7, Inflammation Score:-4, Nutrition Score:11.760869420093%

Nutrients (% of daily need)

Calories: 222.52kcal (11.13%), Fat: 0.3g (0.46%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 50.81g (16.94%), Net Carbohydrates: 47.1g (17.13%), Sugar: 2.25g (2.5%), Cholesterol: 0mg (0%), Sodium: 450.17mg (19.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.02g (12.04%), Vitamin B6: 0.96mg (48.19%), Potassium: 1163.01mg (33.23%), Manganese: 0.44mg (22.23%), Vitamin C: 15.79mg (19.14%), Magnesium: 64.72mg (16.18%), Phosphorus: 154.81mg (15.48%), Vitamin B1: 0.23mg (15.31%), Fiber: 3.72g (14.87%), Vitamin B3: 2.9mg (14.48%), Copper: 0.29mg (14.45%), Iron: 2.46mg (13.66%), Folate: 39.16µg (9.79%), Vitamin B5: 0.84mg (8.42%), Vitamin B2: 0.1mg (5.59%), Zinc: 0.83mg (5.52%), Vitamin K: 5.19µg (4.94%), Calcium: 37.31mg (3.73%), Vitamin A: 125.94IU (2.52%), Selenium: 1.43µg (2.05%)