



Balsamic Roasted Potato Wedges



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



6

CALORIES



247 kcal

SIDE DISH

Ingredients

- ☐ 2.5 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon kosher salt
- ☐ 2.5 tablespoons olive oil extra-virgin
- ☐ 4 large yellow-fleshed potatoes scrubbed well (2 pounds total)

Equipment

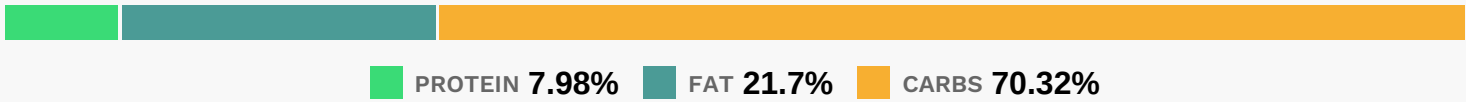
- ☐ frying pan
- ☐ oven

☐ baking pan

Directions

- ☐ Put oven rack in lower third of oven and preheat oven to 450°F.
- ☐ Halve each potato lengthwise, then cut each half lengthwise into 4 wedges. Toss potato wedges with oil, salt, and pepper in a 17- by 11-inch shallow baking pan (about 1 inch deep) and arrange in 1 layer. Roast potatoes, turning over once, until golden brown and cooked through, 20 to 25 minutes.
- ☐ Sprinkle with 2 tablespoons vinegar, shaking pan to distribute vinegar evenly, then roast until vinegar is evaporated, about 3 minutes.
- ☐ Serve sprinkled with remaining 1/2 tablespoon vinegar and salt to taste.

Nutrition Facts



Properties

Glycemic Index:27.63, Glycemic Load:32.04, Inflammation Score:-5, Nutrition Score:12.623478292771%

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 Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 247.06kcal (12.35%), Fat: 6.06g (9.32%), Saturated Fat: 0.87g (5.44%), Carbohydrates: 44.16g (14.72%), Net Carbohydrates: 38.73g (14.08%), Sugar: 2.92g (3.24%), Cholesterol: 0mg (0%), Sodium: 404.01mg (17.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.02%), Vitamin C: 48.46mg (58.74%), Vitamin B6: 0.73mg (36.3%), Potassium: 1044.37mg (29.84%), Fiber: 5.43g (21.73%), Manganese: 0.4mg (19.84%), Magnesium: 57.53mg (14.38%), Phosphorus: 141.62mg (14.16%), Copper: 0.27mg (13.44%), Vitamin B1: 0.2mg (13.13%), Vitamin B3: 2.59mg (12.97%), Iron: 2.01mg (11.17%), Folate: 39.37µg (9.84%), Vitamin K: 8.32µg (7.93%), Vitamin B5: 0.73mg (7.29%), Vitamin E: 0.87mg (5.77%), Zinc: 0.72mg (4.8%), Vitamin B2: 0.08mg (4.64%), Calcium: 31.99mg (3.2%), Selenium: 0.74µg (1.06%)