



## Cajun Potato Wedges

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



250 kcal

SIDE DISH

### Ingredients

- 1 tsp ground pepper
- 1 tsp garlic powder
- 1 tsp seasoning italian
- 3 tbsp olive oil
- 1 tsp onion powder
- 2 tsp paprika
- 0.5 tsp pepper
- 2 large baking potatoes

0.8 tsp salt

## Equipment

bowl

baking sheet

oven

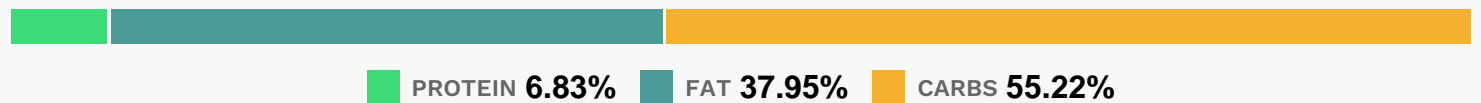
## Directions

Preheat oven to 425 degrees Fahrenheit. Slice potatoes into inch thick wedges that are half the length of the potato. Make spice mixture: combine all spices and mix together in a small bowl. Spray cookie sheet with olive oil cooking spray.

Place potatoes on cookie sheet. Toss with olive oil.

Sprinkle spice mixture over potatoes and toss. Cook for 25 minutes. Flip over and cook for another 5 minutes.

## Nutrition Facts



## Properties

Glycemic Index: 43.44, Glycemic Load: 26.36, Inflammation Score: -6, Nutrition Score: 10.558260869565%

## 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

## Nutrients (% of daily need)

Calories: 249.68kcal (12.48%), Fat: 10.91g (16.79%), Saturated Fat: 1.55g (9.69%), Carbohydrates: 35.72g (11.91%), Net Carbohydrates: 32.39g (11.78%), Sugar: 1.39g (1.54%), Cholesterol: 0mg (0%), Sodium: 447.45mg (19.45%), Protein: 4.42g (8.84%), Vitamin B6: 0.69mg (34.74%), Potassium: 828.99mg (23.69%), Manganese: 0.39mg (19.39%), Vitamin A: 764.53IU (15.29%), Vitamin E: 2.09mg (13.94%), Vitamin K: 14.16µg (13.49%), Vitamin C: 11.03mg (13.37%), Fiber: 3.34g (13.35%), Iron: 2.18mg (12.14%), Magnesium: 48.09mg (12.02%), Phosphorus: 112.61mg (11.26%), Vitamin B1: 0.16mg (10.92%), Copper: 0.21mg (10.7%), Vitamin B3: 2.1mg (10.48%), Folate: 28.73µg (7.18%), Vitamin B5: 0.6mg (6.02%), Vitamin B2: 0.08mg (4.92%), Zinc: 0.66mg (4.4%), Calcium: 38.87mg (3.89%), Selenium: 1.15µg (1.65%)