



## Cajun Potato Wedges

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



266 kcal

SIDE DISH

### Ingredients

- 4 baking potatoes
- 1 teaspoon garlic fresh minced
- 0.3 teaspoon ground pepper black
- 3 tablespoons olive oil
- 1.5 teaspoons onion powder
- 0.5 teaspoon paprika
- 0.3 teaspoon salt

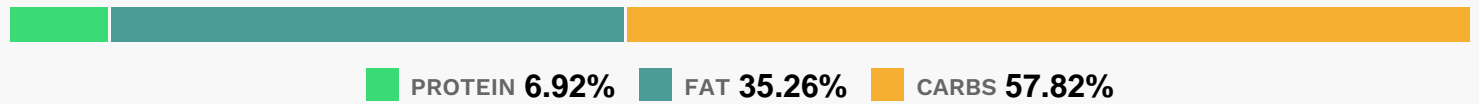
### Equipment

- bowl
- baking sheet
- oven

## Directions

- Preheat oven to 425 degrees F (220 degrees C). Grease a baking sheet.
- Cut each potato into 12 wedges; place in a large bowl. Toss potatoes with olive oil, garlic, salt, pepper, onion powder, and paprika. Arrange in a single layer on prepared baking sheet.
- Bake in preheated oven for 20 minutes. Turn potatoes over and continue baking until golden and crisp, 25 to 30 minutes longer.

## Nutrition Facts



## Properties

Glycemic Index:40.44, Glycemic Load:30.37, Inflammation Score:-4, Nutrition Score:10.075652060301%

## 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: 265.78kcal (13.29%), Fat: 10.72g (16.49%), Saturated Fat: 1.51g (9.46%), Carbohydrates: 39.55g (13.18%), Net Carbohydrates: 36.53g (13.28%), Sugar: 1.4g (1.56%), Cholesterol: 0mg (0%), Sodium: 157.07mg (6.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.73g (9.46%), Vitamin B6: 0.76mg (37.76%), Potassium: 906.1mg (25.89%), Manganese: 0.38mg (18.85%), Vitamin C: 12.55mg (15.22%), Magnesium: 50.69mg (12.67%), Phosphorus: 121.69mg (12.17%), Fiber: 3.02g (12.07%), Vitamin B1: 0.18mg (12.04%), Copper: 0.23mg (11.48%), Vitamin B3: 2.24mg (11.19%), Iron: 2mg (11.1%), Vitamin E: 1.61mg (10.73%), Vitamin K: 10.6µg (10.1%), Folate: 30.47µg (7.62%), Vitamin B5: 0.66mg (6.59%), Zinc: 0.67mg (4.46%), Vitamin B2: 0.08mg (4.41%), Calcium: 33.25mg (3.32%), Vitamin A: 126.02IU (2.52%), Selenium: 1.09µg (1.55%)