



Cheddar Potato Wedges

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



291 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 0.5 teaspoon garlic powder
- 0.5 teaspoon paprika
- 3 medium potatoes cut lengthwise into 8 wedges
- 0.5 teaspoon lawry's seasoned salt
- 4 ounces cheddar cheese shredded finely

Equipment

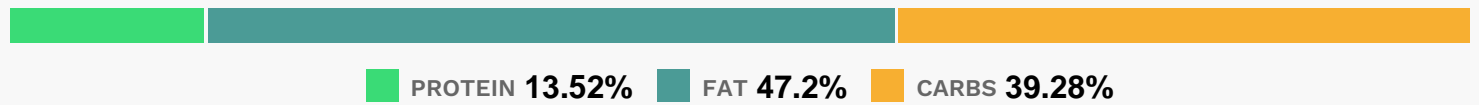
- ziploc bags

microwave

Directions

- In a large resealable plastic bag, combine the garlic salt, seasoned salt and paprika.
- Add potatoes; seal bag and toss to coat.
- Transfer potatoes to an ungreased microwave-safe dish. Dot with butter. Microwave, uncovered, on high for 3 minutes. Turn potatoes; cook 2–3 minutes longer or until tender.
- Sprinkle with cheese; cover and let stand until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:45.19, Glycemic Load:20.64, Inflammation Score:-6, Nutrition Score:11.930434771206%

Flavonoids

Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 290.81kcal (14.54%), Fat: 15.49g (23.84%), Saturated Fat: 9.09g (56.81%), Carbohydrates: 29.01g (9.67%), Net Carbohydrates: 25.38g (9.23%), Sugar: 1.38g (1.53%), Cholesterol: 43.4mg (14.47%), Sodium: 531.08mg (23.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.99g (19.98%), Vitamin C: 31.48mg (38.15%), Vitamin B6: 0.5mg (25.13%), Phosphorus: 224.92mg (22.49%), Calcium: 222.33mg (22.23%), Potassium: 706.29mg (20.18%), Fiber: 3.64g (14.54%), Manganese: 0.26mg (12.78%), Selenium: 8.68µg (12.4%), Vitamin A: 585.32IU (11.71%), Magnesium: 45.28mg (11.32%), Vitamin B2: 0.18mg (10.71%), Zinc: 1.53mg (10.22%), Copper: 0.19mg (9.29%), Vitamin B1: 0.14mg (9.26%), Vitamin B3: 1.73mg (8.65%), Folate: 32.02µg (8.01%), Iron: 1.37mg (7.61%), Vitamin B5: 0.61mg (6.07%), Vitamin B12: 0.31µg (5.21%), Vitamin K: 4.41µg (4.2%), Vitamin E: 0.47mg (3.11%), Vitamin D: 0.17µg (1.13%)