

Crispy Potato Wedges

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



223 kcal

SIDE DISH

Ingredients

- 2 tablespoons canola oil
- 0.5 teaspoon basil dried
- 0.3 teaspoon paprika
- 0.3 cup parmesan cheese grated
- 0.3 teaspoon pepper
- 6 medium potatoes cut into wedges
- 1 teaspoon salt

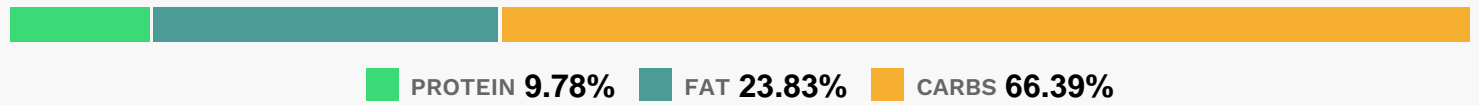
Equipment

- bowl
- oven
- baking pan

Directions

- In a large bowl, combine oil and seasonings.
- Add potato wedges; toss to coat. Arrange in a single layer in an ungreased 15-in. x 10-in. x 1-in. baking pan.
- Bake, uncovered, at 450° for 15 minutes.
- Sprinkle with cheese; bake 10–15 minutes longer or until potatoes are crisp-tender.

Nutrition Facts



Properties

Glycemic Index:21.79, Glycemic Load:27.25, Inflammation Score:-4, Nutrition Score:11.725652267751%

Flavonoids

Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 223.44kcal (11.17%), Fat: 6.04g (9.3%), Saturated Fat: 1.05g (6.56%), Carbohydrates: 37.87g (12.62%), Net Carbohydrates: 33.1g (12.04%), Sugar: 1.67g (1.86%), Cholesterol: 3.63mg (1.21%), Sodium: 473.41mg (20.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.15%), Vitamin C: 41.96mg (50.86%), Vitamin B6: 0.63mg (31.74%), Potassium: 909.68mg (25.99%), Fiber: 4.77g (19.07%), Manganese: 0.35mg (17.53%), Phosphorus: 148.45mg (14.84%), Magnesium: 51.34mg (12.84%), Copper: 0.24mg (11.77%), Vitamin B1: 0.17mg (11.46%), Vitamin B3: 2.26mg (11.31%), Iron: 1.78mg (9.91%), Folate: 34.64µg (8.66%), Vitamin K: 9.08µg (8.64%), Calcium: 65.06mg (6.51%), Vitamin B5: 0.65mg (6.48%), Vitamin E: 0.89mg (5.96%), Zinc: 0.81mg (5.4%), Vitamin B2: 0.08mg (4.98%), Selenium: 2.11µg (3.01%), Vitamin A: 82.42IU (1.65%)