






 **14%**
HEALTH SCORE

Garlic Baked Potato Wedges

 **Gluten Free**

READY IN

45 min.

SERVINGS

8

CALORIES

220 kcal

SIDE DISH

Ingredients

- 3 lb baking potatoes
- 2 teaspoons rosemary dried
- 2 small cloves garlic minced
- 0.3 cup olive oil
- 0.5 cup parmesan finely grated
- 8 servings salt and pepper

Equipment

- bowl

baking sheet

oven

Directions

Preheat oven to 450F. Scrub potatoes and pat dry. Carefully cut each into 16 thin wedges.

Place wedges in a large bowl.

Pour olive oil over potatoes.

Add salt, pepper, garlic and rosemary and toss to coat.

Place Parmesan in a large bowl; set aside.

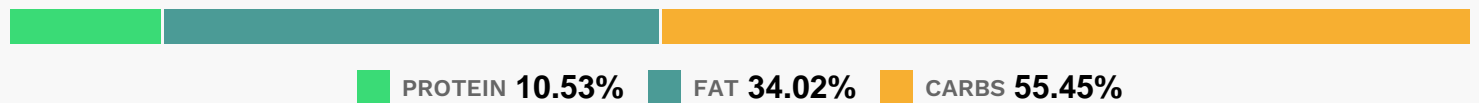
Arrange potatoes in a flat layer on 2 large rimmed baking sheets.

Bake, turning once or twice, until lightly browned and soft in center, about 30 minutes.

Remove potatoes from oven and immediately toss with Parmesan in a bowl until coated.

Serve hot.

Nutrition Facts



Properties

Glycemic Index:26.47, Glycemic Load:24.3, Inflammation Score:-3, Nutrition Score:8.5182609124028%

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: 219.75kcal (10.99%), Fat: 8.51g (13.09%), Saturated Fat: 2g (12.52%), Carbohydrates: 31.2g (10.4%), Net Carbohydrates: 28.96g (10.53%), Sugar: 1.1g (1.24%), Cholesterol: 4.25mg (1.42%), Sodium: 302.69mg (13.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.85%), Vitamin B6: 0.6mg (30.11%), Potassium: 718.41mg (20.53%), Manganese: 0.28mg (14.09%), Phosphorus: 138.09mg (13.81%), Vitamin C: 9.94mg (12.05%), Magnesium: 42.12mg (10.53%), Calcium: 97.98mg (9.8%), Vitamin B1: 0.14mg (9.57%), Copper: 0.18mg (8.99%), Fiber: 2.24g (8.95%), Vitamin B3: 1.78mg (8.91%), Iron: 1.57mg (8.74%), Vitamin K: 7.24µg (6.9%), Vitamin E: 1mg (6.69%), Folate: 24.35µg (6.09%), Vitamin B5: 0.54mg (5.45%), Vitamin B2: 0.08mg (4.58%), Zinc: 0.68mg (4.5%), Selenium: 2.19µg (3.14%), Vitamin B12: 0.08µg (1.25%), Vitamin A: 51.36IU (1.03%)