



## Golden Parmesan Roasted Potatoes

READY IN



45 min.

SERVINGS



4

CALORIES



438 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 cup butter melted
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup parmesan cheese grated
- ☐ 4 servings garnish: parsley fresh chopped
- ☐ 0.1 teaspoon pepper
- ☐ 6 potatoes peeled cut into wedges
- ☐ 0.8 teaspoon salt

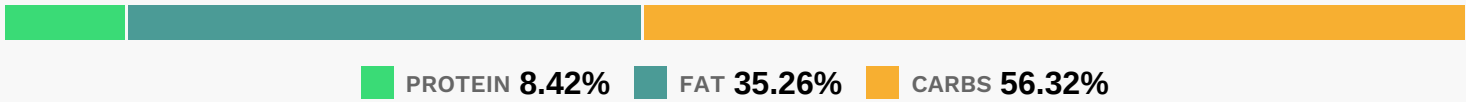
### Equipment

- ☐ oven
- ☐ baking pan

## Directions

- ☐ Place flour, cheese, salt and pepper in a large plastic zipping bag; mix well.
- ☐ Add potato wedges; shake to coat.
- ☐ Pour butter into a 13"x9" baking pan, tilting to coat; arrange potatoes in pan.
- ☐ Bake, uncovered, at 375 degrees for one hour.
- ☐ Sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:68.19, Glycemic Load:45.22, Inflammation Score:-8, Nutrition Score:22.081304102488%

## Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 2.62mg, Kaempferol: 2.62mg, Kaempferol: 2.62mg, Kaempferol: 2.62mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

## Nutrients (% of daily need)

Calories: 437.99kcal (21.9%), Fat: 17.49g (26.91%), Saturated Fat: 10.79g (67.46%), Carbohydrates: 62.86g (20.95%), Net Carbohydrates: 55.47g (20.17%), Sugar: 2.56g (2.85%), Cholesterol: 46.11mg (15.37%), Sodium: 688.62mg (29.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.4g (18.79%), Vitamin C: 68.26mg (82.74%), Vitamin K: 73.23µg (69.74%), Vitamin B6: 0.96mg (47.77%), Potassium: 1392.57mg (39.79%), Fiber: 7.39g (29.55%), Manganese: 0.56mg (28.15%), Phosphorus: 237.14mg (23.71%), Vitamin B1: 0.32mg (21.54%), Magnesium: 79.89mg (19.97%), Vitamin B3: 3.89mg (19.47%), Copper: 0.37mg (18.3%), Folate: 72.45µg (18.11%), Iron: 3.14mg (17.47%), Vitamin A: 870.48IU (17.41%), Calcium: 105.37mg (10.54%), Vitamin B5: 1.04mg (10.38%), Vitamin B2: 0.17mg (10.17%), Zinc: 1.31mg (8.76%), Selenium: 5.99µg (8.56%), Vitamin E: 0.54mg (3.59%), Vitamin B12: 0.12µg (1.94%)