



## Herb-Crusted Potato Wedges

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



116 kcal

SIDE DISH

### Ingredients

- 2 pounds baking potatoes
- 2 teaspoons rosemary fresh chopped
- 1 tablespoon thyme leaves fresh chopped
- 1 tablespoon olive oil
- 1 tablespoon oregano fresh chopped
- 3 tablespoons parmesan cheese grated
- 0.3 teaspoon pepper freshly ground

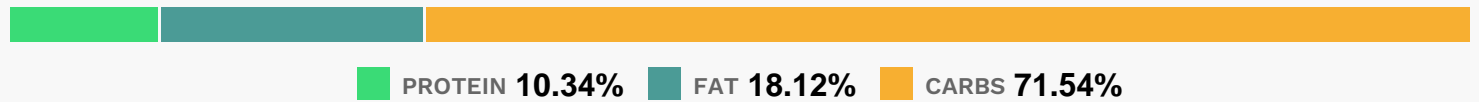
### Equipment

- frying pan
- oven
- ziploc bags

## Directions

- Scrub potatoes.
- Cut each potato into 8 wedges; brush with olive oil.
- Combine Parmesan cheese and next 4 ingredients in a large zip-top plastic bag.
- Add potato wedges; seal bag, and shake to coat well.
- Place potato wedges, skin side down, in a single layer on a 15- x 10- x 1-inch jellyroll pan coated with cooking spray.
- Bake at 375 for 50 minutes or until tender and lightly browned, turning once.

## Nutrition Facts



## Properties

Glycemic Index:20.84, Glycemic Load:16.17, Inflammation Score:-8, Nutrition Score:5.9130434871692%

## Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg

## Nutrients (% of daily need)

Calories: 115.68kcal (5.78%), Fat: 2.41g (3.71%), Saturated Fat: 0.58g (3.61%), Carbohydrates: 21.41g (7.14%), Net Carbohydrates: 19.53g (7.1%), Sugar: 0.73g (0.81%), Cholesterol: 1.63mg (0.54%), Sodium: 38.77mg (1.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.19%), Vitamin B6: 0.4mg (20.13%), Potassium: 490.54mg (14.02%), Manganese: 0.23mg (11.7%), Vitamin C: 7.88mg (9.56%), Iron: 1.38mg (7.69%), Phosphorus: 76.22mg (7.62%), Fiber: 1.88g (7.53%), Magnesium: 29.95mg (7.49%), Vitamin K: 7.11µg (6.78%), Copper: 0.13mg (6.36%), Vitamin B1: 0.1mg (6.34%), Vitamin B3: 1.22mg (6.11%), Calcium: 45.22mg (4.52%), Folate: 17.9µg (4.48%), Vitamin B5: 0.36mg (3.58%), Vitamin B2: 0.05mg (3.03%), Zinc: 0.44mg (2.96%), Vitamin E: 0.39mg (2.58%), Selenium: 1.14µg (1.63%), Vitamin A: 70.63IU (1.41%)