



Herbed Potato Wedges



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



182 kcal

SIDE DISH

Ingredients



24 ounce baking potatoes cut into 8 wedges



0.3 teaspoon marjoram dried



0.3 teaspoon dried rosemary dried



0.3 teaspoon tarragon dried



0.5 teaspoon thyme dried



0.5 teaspoon kosher salt



1.5 tablespoons olive oil



0.3 teaspoon pepper

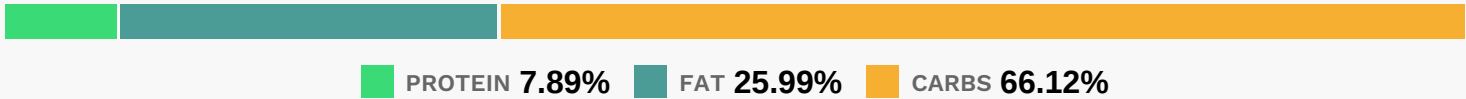
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Place potato wedges in a jelly-roll pan.
- ☐ Drizzle with oil; toss well.
- ☐ Combine salt and next 5 ingredients (salt through pepper); sprinkle over potatoes
- ☐ Bake at 400 for 50 minutes or until tender, turning once.
- ☐ Sprinkle with parsley, if desired.
- ☐ Note: For skinnier, crispier fries, cut each potato into 16 wedges.
- ☐ Bake at 400 for 50 minutes, turning once.

Nutrition Facts



Properties

Glycemic Index:64.19, Glycemic Load:24.23, Inflammation Score:0, Nutrition Score:7.7395650925844%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 181.85kcal (9.09%), Fat: 5.41g (8.32%), Saturated Fat: 0.78g (4.85%), Carbohydrates: 30.97g (10.32%), Net Carbohydrates: 28.66g (10.42%), Sugar: 1.06g (1.18%), Cholesterol: 0mg (0%), Sodium: 299.47mg (13.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.39%), Vitamin B6: 0.59mg (29.55%), Potassium: 716.03mg (20.46%), Manganese: 0.3mg (15.2%), Vitamin C: 9.83mg (11.91%), Magnesium: 40.09mg (10.02%), Iron: 1.71mg (9.49%), Phosphorus: 94.42mg (9.44%), Vitamin B1: 0.14mg (9.37%), Fiber: 2.3g (9.21%), Copper: 0.18mg (8.96%), Vitamin B3: 1.78mg (8.9%), Vitamin K: 8.61µg (8.2%), Folate: 24.56µg (6.14%), Vitamin E: 0.78mg (5.23%), Vitamin B5: 0.51mg (5.14%), Vitamin B2: 0.06mg (3.45%), Zinc: 0.51mg (3.39%), Calcium: 26.89mg (2.69%)