



## Italian Potato Wedges

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



226 kcal

SIDE DISH

### Ingredients

- 4 servings pepper black freshly ground
- 2 tbsp basil dried
- 2 tbsp sage dried
- 2 tbsp thyme leaves dried
- 4 tbsp olive oil extra virgin
- 1 lb potatoes white

### Equipment

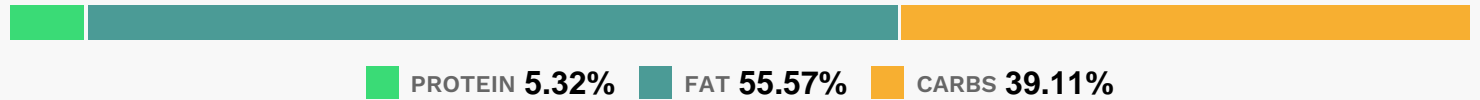
- baking sheet

oven

## Directions

- Preheat the oven to 210°C. Chop the potatoes into wedges, making sure they are all reasonably similar in size.
- Place on a baking sheet.
- Mix the herbs together and sprinkle over the wedges.
- Drizzle the oil over the top of them and mix thoroughly with your hands. Make sure all the wedges are evenly covered.
- Bake in the oven for 25–30 minutes or until soft. Turn them half way for an even crispy coating.

## Nutrition Facts



## Properties

Glycemic Index:28.94, Glycemic Load:14.51, Inflammation Score:-8, Nutrition Score:14.955217599869%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

## Nutrients (% of daily need)

Calories: 225.65kcal (11.28%), Fat: 14.48g (22.28%), Saturated Fat: 2.14g (13.38%), Carbohydrates: 22.93g (7.64%), Net Carbohydrates: 18.36g (6.68%), Sugar: 0.98g (1.09%), Cholesterol: 0mg (0%), Sodium: 10.11mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.24%), Vitamin K: 103.33µg (98.41%), Iron: 5.93mg (32.95%), Manganese: 0.61mg (30.36%), Vitamin C: 23.76mg (28.8%), Vitamin B6: 0.4mg (20.18%), Fiber: 4.57g (18.27%), Vitamin E: 2.5mg (16.7%), Potassium: 566.25mg (16.18%), Magnesium: 51.26mg (12.82%), Calcium: 121.75mg (12.17%), Copper: 0.2mg (9.86%), Folate: 33.77µg (8.44%), Phosphorus: 76.19mg (7.62%), Vitamin B1: 0.11mg (7.41%), Vitamin B3: 1.47mg (7.35%), Zinc: 0.67mg (4.46%), Vitamin B2: 0.08mg (4.44%), Vitamin B5: 0.36mg (3.56%), Vitamin A: 160.26IU (3.21%)