



Mexican potato wedges

 Gluten Free

READY IN



9 min.

SERVINGS



1

CALORIES



728 kcal

SIDE DISH

Ingredients

- ☐ 1 medium baking potato
- ☐ 1 serving mild chilli powder
- ☐ 400 g half a can pulses mixed canned
- ☐ 1 garlic clove chopped
- ☐ 1 tbsp cheese low-fat soft

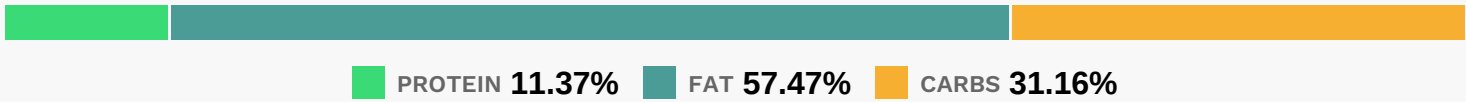
Equipment

- ☐ microwave

Directions

- ☐ Cut the potato into 4 wedges.
- ☐ Sprinkle with mild chilli powder and microwave on High for about 5 mins until cooked.
Meanwhile, stir in the mixed pulses with more spice powder and the garlic clove, then heat in microwave on High for 2 mins. Spoon over the potatoes and serve with low-fat soft cheese.

Nutrition Facts



Properties

Glycemic Index:114.75, Glycemic Load:30.55, Inflammation Score:-9, Nutrition Score:23.808695735167%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 727.95kcal (36.4%), Fat: 47.51g (73.09%), Saturated Fat: 28.87g (180.43%), Carbohydrates: 57.96g (19.32%), Net Carbohydrates: 54.43g (19.79%), Sugar: 18.09g (20.1%), Cholesterol: 143.1mg (47.7%), Sodium: 378.41mg (16.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.14g (42.27%), Phosphorus: 579.28mg (57.93%), Vitamin B2: 0.9mg (53%), Calcium: 529.06mg (52.91%), Vitamin B6: 1.02mg (51.03%), Potassium: 1476.99mg (42.2%), Vitamin A: 2041.99IU (40.84%), Magnesium: 95.08mg (23.77%), Selenium: 16.63µg (23.76%), Manganese: 0.42mg (21.17%), Vitamin B1: 0.31mg (20.5%), Vitamin C: 16.69mg (20.23%), Vitamin B5: 1.86mg (18.6%), Zinc: 2.57mg (17.12%), Vitamin B3: 2.9mg (14.51%), Copper: 0.29mg (14.37%), Fiber: 3.53g (14.11%), Vitamin B12: 0.83µg (13.87%), Iron: 2.49mg (13.84%), Vitamin E: 1.8mg (11.97%), Folate: 44.1µg (11.02%), Vitamin K: 11.29µg (10.75%)