



Oven Baked Potato Wedges

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



467 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 2 teaspoons olive oil
- ☐ 5 large russet potatoes peeled cut into wedges
- ☐ 1 cup seasoned bread crumbs

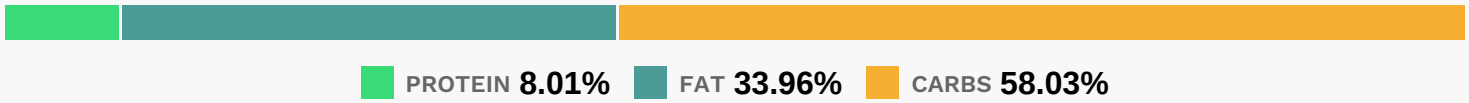
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a baking sheet with the olive oil.
- ☐ Brush potato wedges with butter, and roll in bread crumbs.
- ☐ Place wedges on prepared baking sheet.
- ☐ Bake in preheated oven for 20 minutes.
- ☐ Remove from oven and turn wedges; cook for 10 to 15 minutes, or until tender.

Nutrition Facts



Properties

Glycemic Index:22.46, Glycemic Load:43.71, Inflammation Score:-6, Nutrition Score:17.247391234273%

Nutrients (% of daily need)

Calories: 466.94kcal (23.35%), Fat: 18.02g (27.72%), Saturated Fat: 10.27g (64.16%), Carbohydrates: 69.27g (23.09%), Net Carbohydrates: 64.3g (23.38%), Sugar: 3.07g (3.41%), Cholesterol: 40.87mg (13.62%), Sodium: 404.24mg (17.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.57g (19.13%), Vitamin B6: 1.1mg (54.78%), Potassium: 1333.03mg (38.09%), Manganese: 0.68mg (33.98%), Vitamin B1: 0.45mg (29.69%), Vitamin B3: 4.42mg (22.11%), Vitamin C: 18.07mg (21.9%), Phosphorus: 209.07mg (20.91%), Iron: 3.64mg (20.22%), Magnesium: 80.3mg (20.08%), Fiber: 4.98g (19.91%), Copper: 0.37mg (18.28%), Folate: 67.42µg (16.85%), Vitamin K: 16.86µg (16.06%), Vitamin B2: 0.19mg (11.23%), Vitamin B5: 1.07mg (10.71%), Vitamin A: 514.4IU (10.29%), Selenium: 6.36µg (9.08%), Calcium: 80.93mg (8.09%), Zinc: 1.19mg (7.97%), Vitamin E: 0.71mg (4.76%), Vitamin B12: 0.1µg (1.7%)