



Oven Fresh Seasoned Potato Wedges

 **Gluten Free**

READY IN



35 min.

SERVINGS



4

CALORIES



146 kcal

SIDE DISH

Ingredients

- 1 teaspoon garlic powder
- 0.3 teaspoon pepper black
- 1 tablespoon olive oil
- 1 teaspoon onion powder
- 0.3 cup parmesan cheese grated
- 2 baking potatoes scrubbed cut into eighths
- 0.3 teaspoon salt

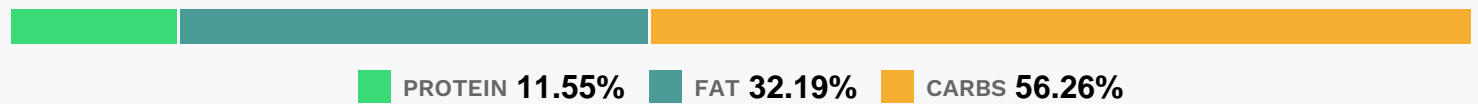
Equipment

- baking sheet
- oven
- ziploc bags

Directions

- Preheat an oven to 425 degrees F (220 degrees C).
- Place Parmesan cheese, olive oil, onion powder, garlic powder, pepper, salt, and potatoes into a resealable plastic bag. Seal the bag, then shake to coat the potatoes with the seasoning.
- Spread the potatoes over a baking sheet.
- Bake in the preheated oven until the potatoes are easily pierced with a fork, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:30.44, Glycemic Load:15.18, Inflammation Score:-2, Nutrition Score:5.8617391877848%

Nutrients (% of daily need)

Calories: 145.89kcal (7.29%), Fat: 5.35g (8.23%), Saturated Fat: 1.48g (9.28%), Carbohydrates: 21.04g (7.01%), Net Carbohydrates: 19.48g (7.08%), Sugar: 0.72g (0.8%), Cholesterol: 5.44mg (1.81%), Sodium: 260.95mg (11.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.64%), Vitamin B6: 0.39mg (19.44%), Potassium: 471.2mg (13.46%), Phosphorus: 103.11mg (10.31%), Manganese: 0.2mg (10.13%), Vitamin C: 6.2mg (7.51%), Calcium: 72.29mg (7.23%), Magnesium: 28.04mg (7.01%), Vitamin B1: 0.09mg (6.31%), Fiber: 1.56g (6.24%), Copper: 0.12mg (6.05%), Iron: 1.04mg (5.77%), Vitamin B3: 1.12mg (5.58%), Zinc: 0.62mg (4.16%), Vitamin K: 4.36µg (4.15%), Selenium: 2.87µg (4.1%), Folate: 15.98µg (3.99%), Vitamin E: 0.55mg (3.69%), Vitamin B5: 0.35mg (3.52%), Vitamin B2: 0.06mg (3.43%), Vitamin B12: 0.08µg (1.41%), Vitamin A: 55.81IU (1.12%)