



Oven-Fried Potato Wedges

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



138 kcal

SIDE DISH

Ingredients

- 24 ounces baking potatoes
- 0.3 teaspoon garlic powder
- 0.3 teaspoon ground mustard
- 0.5 teaspoon paprika
- 0.8 teaspoon salt
- 0.5 teaspoon sugar

Equipment

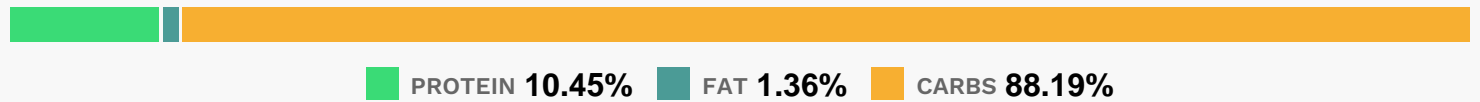
- frying pan

oven

Directions

- Heat oven to 42
- Mix salt, sugar, paprika, mustard and garlic powder.
- Gently scrub potatoes, but do not peel.
- Cut each potato lengthwise in half; cut each half lengthwise into 4 wedges.
- Place potato wedges, skin sides down, in ungreased rectangular pan, 13x9x2 inches.
- Spray potatoes with cooking spray until lightly coated.
- Sprinkle with salt mixture.
- Bake uncovered 25 to 30 minutes or until potatoes are tender when pierced with fork. (Baking time will vary depending on the size and type of the potato used.)

Nutrition Facts



Properties

Glycemic Index:43.71, Glycemic Load:24.54, Inflammation Score:-3, Nutrition Score:7.3556522234626%

Nutrients (% of daily need)

Calories: 138.26kcal (6.91%), Fat: 0.22g (0.33%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 31.54g (10.51%), Net Carbohydrates: 29.21g (10.62%), Sugar: 1.59g (1.77%), Cholesterol: 0mg (0%), Sodium: 444.84mg (19.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.48%), Vitamin B6: 0.6mg (29.79%), Potassium: 718.26mg (20.52%), Manganese: 0.28mg (13.85%), Vitamin C: 9.71mg (11.77%), Magnesium: 40.19mg (10.05%), Phosphorus: 96.15mg (9.61%), Vitamin B1: 0.14mg (9.48%), Fiber: 2.33g (9.32%), Vitamin B3: 1.79mg (8.97%), Copper: 0.18mg (8.96%), Iron: 1.54mg (8.57%), Folate: 24.23µg (6.06%), Vitamin B5: 0.52mg (5.21%), Vitamin B2: 0.06mg (3.52%), Zinc: 0.52mg (3.46%), Vitamin K: 3.27µg (3.11%), Vitamin A: 124.87IU (2.5%), Calcium: 23.44mg (2.34%), Selenium: 1.01µg (1.44%)