



Oven Fried Potatoes II

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



40 min.

SERVINGS



2

CALORIES



353 kcal

SIDE DISH

Ingredients

- 2 large baking potatoes cut into wedges
- 1 tablespoon juice of lemon
- 2 servings salt and pepper to taste
- 1 tablespoon vegetable oil

Equipment

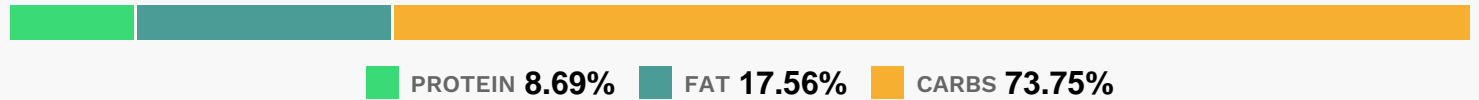
- bowl
- baking sheet
- oven

aluminum foil

Directions

- Preheat oven to 425 degrees F (220 degrees C). Line a baking sheet with aluminum foil and spray with vegetable cooking spray.
- In a shallow bowl combine oil and lemon juice. Dip potatoes in oil/lemon mixture and season with salt and pepper, to taste.
- Place on baking sheet.
- Bake in preheated oven for 20 minutes.
- Remove from oven and turn wedges over. Return to oven and continue cooking until crisp and brown on both sides, about 10 minutes more.

Nutrition Facts



Properties

Glycemic Index:42.38, Glycemic Load:52.44, Inflammation Score:-5, Nutrition Score:16.148260969831%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 353.27kcal (17.66%), Fat: 7.11g (10.94%), Saturated Fat: 1.14g (7.1%), Carbohydrates: 67.2g (22.4%), Net Carbohydrates: 62.38g (22.68%), Sugar: 2.48g (2.75%), Cholesterol: 0mg (0%), Sodium: 212.32mg (9.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.92g (15.85%), Vitamin B6: 1.28mg (63.83%), Potassium: 1546.49mg (44.19%), Manganese: 0.58mg (29.04%), Vitamin C: 23.94mg (29.01%), Magnesium: 85.32mg (21.33%), Phosphorus: 203.55mg (20.35%), Vitamin B1: 0.3mg (20.29%), Fiber: 4.82g (19.28%), Vitamin B3: 3.83mg (19.13%), Copper: 0.38mg (19.07%), Vitamin K: 19.15µg (18.24%), Iron: 3.18mg (17.68%), Folate: 53.16µg (13.29%), Vitamin B5: 1.12mg (11.21%), Vitamin B2: 0.12mg (7.23%), Zinc: 1.07mg (7.16%), Calcium: 48.54mg (4.85%), Vitamin E: 0.6mg (4.03%), Selenium: 1.48µg (2.12%)