



Oven Fried Sesame Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



65 min.

SERVINGS



4

CALORIES



196 kcal

SIDE DISH

Ingredients



4 servings pepper black freshly ground to taste



2 teaspoons canola oil



1 teaspoon chili powder to taste



1 teaspoon ground paprika



4 medium potatoes cut into wedges



1 teaspoon seasoning salt



1 tablespoon sesame seed

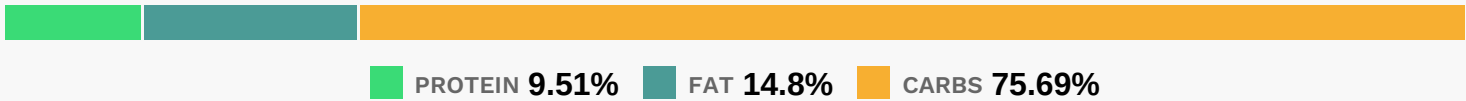
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Preheat the oven to 400 degrees F (200 degrees C). Line a large baking sheet with aluminum foil.
- ☐ Place the potato wedges in a plastic bag, or bowl with a lid.
- ☐ Add oil, and toss to coat. Season the potatoes with seasoning salt, paprika, chili powder, and pepper, and add the sesame seeds. Replace lid or close bag, and shake to coat evenly.
- ☐ Spread the potato wedges out in a single layer onto the prepared baking sheet.
- ☐ Bake for 50 to 60 minutes, stirring every 15 minutes or so, until the potatoes are tender and golden.

Nutrition Facts



Properties

Glycemic Index:41.44, Glycemic Load:27.35, Inflammation Score:-6, Nutrition Score:12.402608684872%

Flavonoids

Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 196.22kcal (9.81%), Fat: 3.32g (5.11%), Saturated Fat: 0.37g (2.29%), Carbohydrates: 38.26g (12.75%), Net Carbohydrates: 32.97g (11.99%), Sugar: 1.76g (1.95%), Cholesterol: 0mg (0%), Sodium: 602.93mg (26.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.61%), Vitamin C: 41.97mg (50.87%), Vitamin B6: 0.67mg (33.28%), Potassium: 928.69mg (26.53%), Fiber: 5.3g (21.18%), Manganese: 0.41mg (20.29%), Copper: 0.32mg (16.1%), Magnesium: 57.83mg (14.46%), Phosphorus: 137.22mg (13.72%), Vitamin B1: 0.19mg (12.62%), Vitamin B3: 2.44mg (12.22%), Iron: 2.16mg (12%), Folate: 36.42µg (9.11%), Vitamin A: 399.51IU (7.99%), Vitamin B5: 0.65mg (6.5%), Vitamin K: 6.57µg (6.25%), Zinc: 0.82mg (5.46%), Vitamin B2: 0.08mg (4.95%), Calcium: 48.66mg (4.87%),

Vitamin E: 0.71mg (4.76%), Selenium: 1.47µg (2.1%)