



Oven-Roasted Potato Wedges

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



81 kcal

SIDE DISH

Ingredients

- 14 ounces baking potatoes
- 1 teaspoon pepper black
- 0.5 teaspoon garlic powder
- 0.3 teaspoon paprika
- 0.5 teaspoon salt

Equipment

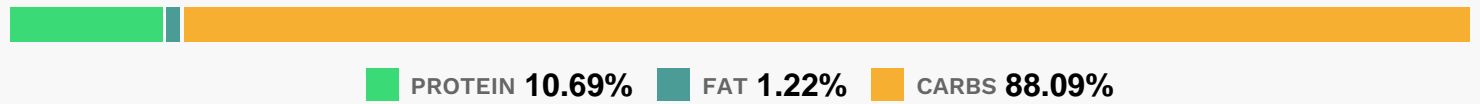
- bowl
- baking sheet

oven

Directions

- Preheat oven to 42
- Cut each potato lengthwise into 12 wedges.
- Combine salt and next 3 ingredients in a bowl; toss well. Arrange potatoes, flesh side down, in a single layer on a baking sheet coated with cooking spray. Coat potatoes with cooking spray.
- Bake at 425 for 15 minutes. Turn potatoes, and bake an additional 15 minutes or until golden brown and tender.

Nutrition Facts



Properties

Glycemic Index:34.19, Glycemic Load:14.18, Inflammation Score:-2, Nutrition Score:4.5617390922878%

Nutrients (% of daily need)

Calories: 81.24kcal (4.06%), Fat: 0.11g (0.18%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 18.59g (6.2%), Net Carbohydrates: 17.1g (6.22%), Sugar: 0.64g (0.71%), Cholesterol: 0mg (0%), Sodium: 296.06mg (12.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.51%), Vitamin B6: 0.35mg (17.63%), Potassium: 427.79mg (12.22%), Manganese: 0.23mg (11.3%), Vitamin C: 5.66mg (6.86%), Magnesium: 24.2mg (6.05%), Fiber: 1.49g (5.98%), Phosphorus: 57.31mg (5.73%), Vitamin B1: 0.08mg (5.6%), Copper: 0.11mg (5.6%), Iron: 0.95mg (5.29%), Vitamin B3: 1.05mg (5.24%), Folate: 14.21µg (3.55%), Vitamin B5: 0.31mg (3.12%), Vitamin K: 2.71µg (2.58%), Vitamin B2: 0.04mg (2.1%), Zinc: 0.31mg (2.07%), Calcium: 15.88mg (1.59%), Vitamin A: 65.29IU (1.31%)