



Oven-Roasted Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



234 kcal

SIDE DISH

Ingredients

- ☐ 4 medium baking potatoes
- ☐ 1 large garlic clove
- ☐ 1.5 teaspoons penzey's southwest seasoning italian
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 0.8 teaspoon salt

Equipment

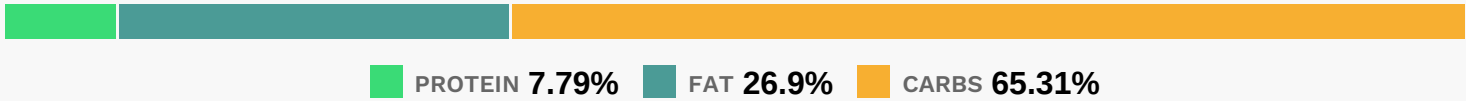
- ☐ baking sheet

oven

Directions

- Cut 4 medium baking potatoes lengthwise into 8 wedges.
- Drizzle with 2 tablespoons olive oil, and sprinkle with 1 large garlic clove, minced; 1 1/2 teaspoons Italian seasoning; 3/4 teaspoon salt; and 1/2 teaspoon pepper. Toss to coat. Arrange potato wedges in a single layer on a lightly greased baking sheet, and bake at 450 for 30 minutes or until wedges are golden brown and tender.

Nutrition Facts



Properties

Glycemic Index:37.94, Glycemic Load:30.38, Inflammation Score:-3, Nutrition Score:10.141304372445%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 233.88kcal (11.69%), Fat: 7.21g (11.1%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 39.41g (13.14%), Net Carbohydrates: 36.25g (13.18%), Sugar: 1.36g (1.51%), Cholesterol: 0mg (0%), Sodium: 447.18mg (19.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.4%), Vitamin B6: 0.75mg (37.64%), Potassium: 904.15mg (25.83%), Manganese: 0.42mg (20.87%), Vitamin C: 12.39mg (15.02%), Magnesium: 51.64mg (12.91%), Fiber: 3.17g (12.67%), Vitamin K: 13.13µg (12.51%), Iron: 2.19mg (12.15%), Phosphorus: 119.8mg (11.98%), Vitamin B1: 0.18mg (11.85%), Copper: 0.23mg (11.5%), Vitamin B3: 2.25mg (11.24%), Folate: 31.66µg (7.92%), Vitamin E: 1.17mg (7.8%), Vitamin B5: 0.66mg (6.56%), Vitamin B2: 0.08mg (4.44%), Zinc: 0.65mg (4.34%), Calcium: 42.47mg (4.25%), Selenium: 1.01µg (1.44%)