



Oven-Roasted Sweet Potato Wedges



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



36 min.

SERVINGS



6

CALORIES



206 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 0.5 teaspoon garlic powder
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon cracked pepper black
- ☐ 1 teaspoon salt
- ☐ 2.5 pounds sweet potatoes cut into 6 wedges

Equipment

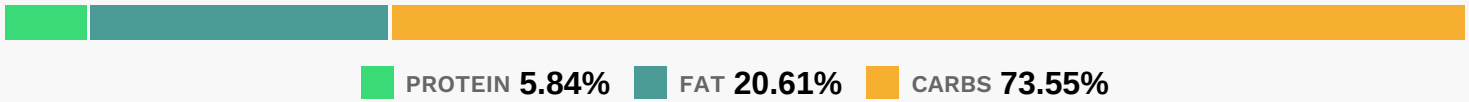
- ☐ bowl

- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 45
- ☐ Combine all ingredients in a large bowl; toss well. Arrange potatoes in a single layer in a roasting pan.
- ☐ Bake at 450 for 20 minutes. Gently stir potatoes, and bake an additional 10 minutes or until lightly browned and tender.

Nutrition Facts



Properties

Glycemic Index:15.83, Glycemic Load:18.82, Inflammation Score:-10, Nutrition Score:13.27956523066%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 205.89kcal (10.29%), Fat: 4.79g (7.37%), Saturated Fat: 0.69g (4.33%), Carbohydrates: 38.49g (12.83%), Net Carbohydrates: 32.67g (11.88%), Sugar: 7.91g (8.79%), Cholesterol: 0mg (0%), Sodium: 491.92mg (21.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.11%), Vitamin A: 26824.55IU (536.49%), Manganese: 0.54mg (26.84%), Fiber: 5.82g (23.29%), Vitamin B6: 0.4mg (20.06%), Potassium: 646.69mg (18.48%), Vitamin B5: 1.52mg (15.21%), Copper: 0.29mg (14.62%), Magnesium: 48.33mg (12.08%), Vitamin B1: 0.15mg (9.93%), Phosphorus: 90.61mg (9.06%), Vitamin E: 1.17mg (7.79%), Iron: 1.25mg (6.95%), Vitamin B2: 0.12mg (6.87%), Vitamin K: 6.76µg (6.44%), Calcium: 59.72mg (5.97%), Vitamin C: 4.61mg (5.59%), Folate: 21.33µg (5.33%), Vitamin B3: 1.06mg (5.31%), Zinc: 0.58mg (3.88%), Selenium: 1.21µg (1.73%)