



## Pan Fried Potato Wedges

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



288 kcal

SIDE DISH

### Ingredients

- 4 large potatoes – remove skin red washed and cut into wedges
- 2 tsp lawry's seasoned salt
- 1 tsp garlic powder
- 1 tsp onion powder
- 4 servings pepper black
- 0.3 cup canola oil for frying

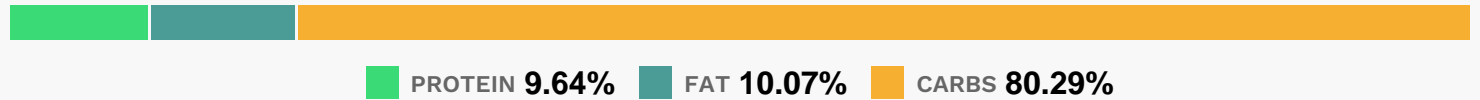
### Equipment

- frying pan

## Directions

- Preheat oil over medium heat in a good-quality nonstick pan. Season potatoes well, and the place in a single layer in pan. Cook on one side without turning until it is golden brown and crispy. Flip potatoes and repeat on the other side.
- Remove from pan and serve hot.

## Nutrition Facts



## Properties

Glycemic Index:9.25, Glycemic Load:0.04, Inflammation Score:-5, Nutrition Score:15.857391304348%

## Flavonoids

Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

## Taste

Sweetness: 18%, Saltiness: 100%, Sourness: 9.38%, Bitterness: 10.47%, Savoriness: 22.98%, Fattiness: 72.99%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 287.91kcal (14.4%), Fat: 3.33g (5.13%), Saturated Fat: 0.34g (2.12%), Carbohydrates: 59.77g (19.92%), Net Carbohydrates: 53.31g (19.39%), Sugar: 4.82g (5.35%), Cholesterol: 0mg (0%), Sodium: 1230.08mg (53.48%), Protein: 7.18g (14.35%), Potassium: 1695.67mg (48.45%), Vitamin C: 31.88mg (38.65%), Vitamin B6: 0.64mg (32.24%), Manganese: 0.55mg (27.57%), Fiber: 6.46g (25.84%), Copper: 0.5mg (25.22%), Phosphorus: 230.39mg (23.04%), Vitamin B3: 4.25mg (21.25%), Magnesium: 82.66mg (20.66%), Vitamin B1: 0.31mg (20.34%), Folate: 67.19µg (16.8%), Iron: 2.78mg (15.45%), Vitamin K: 12.89µg (12.28%), Vitamin B5: 1.04mg (10.41%), Zinc: 1.27mg (8.46%), Vitamin B2: 0.12mg (6.83%), Calcium: 40.98mg (4.1%), Vitamin E: 0.53mg (3.57%), Selenium: 2.12µg (3.03%)