



Parmesan-Coated Potato Wedges

READY IN



50 min.

SERVINGS



8

CALORIES



175 kcal

SIDE DISH

Ingredients

- 16 ounce baking potatoes cut lengthwise into 8 wedges
- 3 large egg whites
- 0.3 cup flour all-purpose
- 0.8 teaspoon kosher salt
- 0.5 cup panko bread crumbs crushed finely (Japanese breadcrumbs)
- 3 ounces parmigiano-reggiano cheese fresh grated
- 16 ounce sweet potatoes cut lengthwise into 8 wedges
- 1 tablespoon water

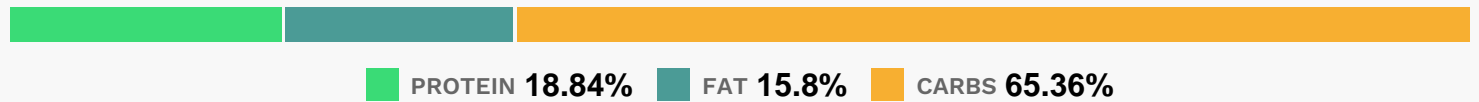
Equipment

- baking sheet
- baking paper
- oven
- whisk

Directions

- Preheat oven to 42
- Combine flour and salt in a shallow dish.
- Combine egg whites and water in a shallow dish, stirring with a whisk.
- Combine cheese and panko in another shallow dish.
- Dredge potato wedges in flour mixture. Dip in egg white mixture; dredge in cheese mixture. Divide potato wedges between 2 baking sheets lined with parchment paper.
- Bake at 425 for 30 minutes or until golden, rotating pans after 20 minutes.

Nutrition Facts



Properties

Glycemic Index:30.59, Glycemic Load:16.66, Inflammation Score:-10, Nutrition Score:12.380434765764%

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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 175.43kcal (8.77%), Fat: 3.09g (4.75%), Saturated Fat: 1.82g (11.39%), Carbohydrates: 28.76g (9.59%), Net Carbohydrates: 26.01g (9.46%), Sugar: 3.14g (3.49%), Cholesterol: 7.23mg (2.41%), Sodium: 470.53mg (20.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.29g (16.58%), Vitamin A: 8127.49IU (162.55%), Vitamin B6: 0.33mg (16.56%), Calcium: 158.95mg (15.9%), Manganese: 0.31mg (15.47%), Phosphorus: 145.28mg (14.53%),

Potassium: 470.43mg (13.44%), Selenium: 8.15µg (11.64%), Vitamin B1: 0.17mg (11.5%), Fiber: 2.75g (10.99%), Vitamin B2: 0.18mg (10.81%), Magnesium: 36.04mg (9.01%), Copper: 0.17mg (8.39%), Iron: 1.36mg (7.53%), Vitamin B3: 1.5mg (7.5%), Vitamin B5: 0.74mg (7.39%), Folate: 28.96µg (7.24%), Vitamin C: 4.59mg (5.57%), Zinc: 0.72mg (4.81%), Vitamin B12: 0.15µg (2.53%), Vitamin K: 2.48µg (2.37%), Vitamin E: 0.18mg (1.22%)