



Purple Potato Wedges



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



75 min.

SERVINGS



6

CALORIES



141 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds purple potatoes peeled cut into 1/2-in.-thick wedges
- ☐ 6 servings sea salt fine
- ☐ 6 servings vegetable oil for frying

Equipment

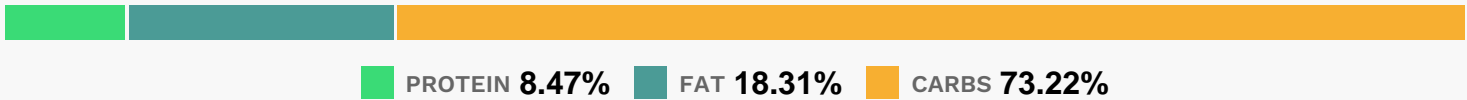
- ☐ frying pan
- ☐ paper towels
- ☐ roasting pan
- ☐ stove

☐ spatula

Directions

- ☐ Spread cut potatoes in bottom of a large roasting pan in a single layer.
- ☐ Add enough oil to cover. Put on a stovetop, preferably over 2 burners, and cook over low heat, moving pan as necessary to prevent hot spots, until tubers are tender when pierced, about 25 minutes. Using a spatula, carefully lift potatoes every so often to keep them from sticking.
- ☐ Increase heat to medium-low (no higher) and cook potatoes, stirring every 10 minutes, until golden and crisp, about 30 minutes more.
- ☐ Drain on paper towels.
- ☐ Sprinkle immediately with salt.

Nutrition Facts



Properties

Glycemic Index:13.96, Glycemic Load:19.34, Inflammation Score:-3, Nutrition Score:7.7256521218173%

Flavonoids

Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 141.17kcal (7.06%), Fat: 2.94g (4.52%), Saturated Fat: 0.47g (2.91%), Carbohydrates: 26.41g (8.8%), Net Carbohydrates: 23.09g (8.4%), Sugar: 1.18g (1.31%), Cholesterol: 0mg (0%), Sodium: 202.86mg (8.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.11%), Vitamin C: 29.79mg (36.1%), Vitamin B6: 0.45mg (22.3%), Potassium: 636.58mg (18.19%), Fiber: 3.33g (13.31%), Manganese: 0.23mg (11.59%), Magnesium: 34.78mg (8.7%), Phosphorus: 86.18mg (8.62%), Copper: 0.16mg (8.17%), Vitamin B1: 0.12mg (8.06%), Vitamin B3: 1.59mg (7.97%), Vitamin K: 8.02µg (7.64%), Iron: 1.18mg (6.56%), Folate: 24.19µg (6.05%), Vitamin B5: 0.45mg (4.48%), Zinc: 0.44mg (2.93%), Vitamin B2: 0.05mg (2.85%), Calcium: 18.26mg (1.83%), Vitamin E: 0.24mg (1.63%)