



Roasted Potato Wedges

READY IN



23 min.

SERVINGS



4

CALORIES



122 kcal

SIDE DISH

Ingredients

- 2 teaspoons olive oil
- 0.3 cup panko bread crumbs italian with seasoning (Japanese breadcrumbs)
- 1 pound potatoes red quartered
- 2 tablespoons parmesan-romano cheese blend grated

Equipment

- bowl
- frying pan
- oven

ziploc bags

Directions

Preheat oven to 47

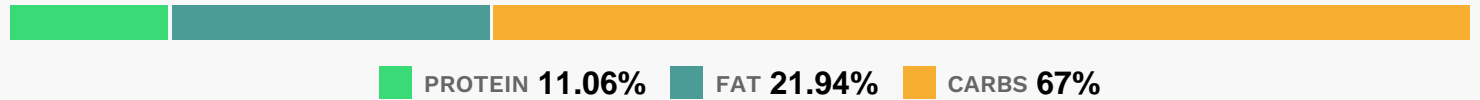
Combine potatoes and oil in a medium bowl, tossing to coat.

Combine panko and cheese in a large zip-top plastic bag; add potatoes, tossing to coat.

Place potatoes on a jelly-roll pan coated with cooking spray; discard remaining breadcrumb mixture.

Bake at 475 for 20 minutes or until browned and crispy.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:5.7765217507663%

Flavonoids

Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 121.55kcal (6.08%), Fat: 3.03g (4.66%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 20.82g (6.94%), Net Carbohydrates: 18.72g (6.81%), Sugar: 1.71g (1.9%), Cholesterol: 2.6mg (0.87%), Sodium: 77.9mg (3.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.88%), Potassium: 525.48mg (15.01%), Vitamin C: 9.75mg (11.82%), Vitamin B6: 0.2mg (9.97%), Manganese: 0.19mg (9.74%), Phosphorus: 94.36mg (9.44%), Vitamin B1: 0.13mg (8.6%), Fiber: 2.1g (8.39%), Copper: 0.16mg (8.11%), Vitamin B3: 1.55mg (7.77%), Magnesium: 27.59mg (6.9%), Folate: 24.6µg (6.15%), Iron: 1.04mg (5.77%), Vitamin K: 4.8µg (4.57%), Calcium: 44.82mg (4.48%), Vitamin B2: 0.06mg (3.5%), Vitamin B5: 0.35mg (3.48%), Zinc: 0.49mg (3.29%), Selenium: 1.87µg (2.68%), Vitamin E: 0.31mg (2.05%)