



WHATSheATE



HEALTH SCORE

53%

Roasted Potato Wedges



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



2

CALORIES



364 kcal

SIDE DISH

Ingredients



1 teaspoon neely's bbq seasoning



2 tablespoons parsley fresh finely chopped



1 tablespoon green onions sliced



2 servings kosher salt and pepper black freshly ground



3 tablespoons olive oil



2 russet potatoes scrubbed well

Equipment



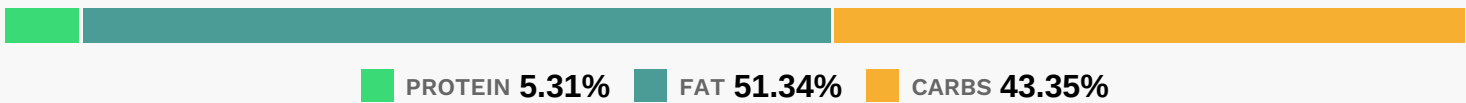
frying pan

- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ pot

Directions

- ☐ Place a rimmed sheet tray into the oven and preheat oven to 450 degrees F.
- ☐ Slice each potato into 6 wedges.
- ☐ Add the potato wedges to a pot of cold salted water. Bring to a boil, reduce heat, and simmer until the potatoes are barely tender, but a knife can be pushed through with just a slight resistance, about 6 minutes.
- ☐ Drain potatoes and add to a large mixing bowl.
- ☐ Drizzle potatoes with olive oil and toss with BBQ seasoning, salt, and pepper.
- ☐ Carefully remove the hot sheet tray from the oven and quickly add the seasoned potatoes to them. You want the pan to stay as hot as possible. This will help to crisp up the potatoes while they roast.
- ☐ Place the sheet pan back into the oven and roast until golden and crisp, 20 to 25 minutes, flipping 1/2 way through the cooking time.
- ☐ Remove from the oven and toss with fresh herbs.

Nutrition Facts



Properties

Glycemic Index:90.38, Glycemic Load:30.37, Inflammation Score:-6, Nutrition Score:16.164347845575%

Flavonoids

Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 364.13kcal (18.21%), Fat: 21.4g (32.92%), Saturated Fat: 3.04g (19.01%), Carbohydrates: 40.64g (13.55%), Net Carbohydrates: 37.36g (13.59%), Sugar: 1.5g (1.67%), Cholesterol: 0mg (0%), Sodium: 14.48mg (0.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.96%), Vitamin K: 108.3µg (103.14%), Vitamin B6: 0.77mg (38.66%), Potassium: 937.05mg (26.77%), Manganese: 0.53mg (26.37%), Vitamin C: 18.32mg (22.21%), Vitamin E: 3.13mg (20.84%), Iron: 3.12mg (17.34%), Magnesium: 57.28mg (14.32%), Fiber: 3.28g (13.13%), Copper: 0.25mg (12.5%), Phosphorus: 124.95mg (12.5%), Vitamin B1: 0.19mg (12.42%), Vitamin B3: 2.35mg (11.74%), Folate: 41.24µg (10.31%), Vitamin A: 434.41IU (8.69%), Vitamin B5: 0.66mg (6.61%), Calcium: 60.57mg (6.06%), Zinc: 0.75mg (5.01%), Vitamin B2: 0.08mg (4.79%), Selenium: 1.06µg (1.51%)