



Roasted Potato Wedges with Cilantro-Lime Mayonnaise



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



494 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds baking potatoes cut into 8 wedges (4 medium)
- ☐ 2 tablespoons cilantro leaves finely chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 teaspoons juice of lime fresh grated
- ☐ 0.5 cup mayonnaise
- ☐ 3 tablespoons olive oil

- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 cup cream sour

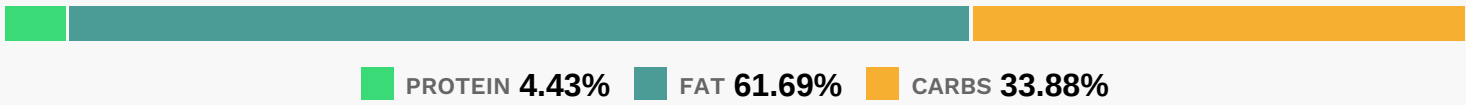
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Put a 4-sided sheet pan in lower third of oven and preheat oven to 450°F.
- ☐ Stir cumin, oregano, and 3/4 teaspoon salt into oil in a large bowl.
- ☐ Add potatoes and toss. Arrange potatoes, cut sides down, in 1 layer in hot pan and roast, turning once, until golden, about 40 minutes.
- ☐ Stir together mayonnaise, sour cream, cilantro, lime zest and juice, and 1/4 teaspoon salt in a small serving bowl.
- ☐ Serve potatoes with mayonnaise.

Nutrition Facts



Properties

Glycemic Index:44.19, Glycemic Load:32.32, Inflammation Score:-5, Nutrition Score:13.487391383752%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 494.06kcal (24.7%), Fat: 34.49g (53.06%), Saturated Fat: 6.24g (39.03%), Carbohydrates: 42.62g (14.21%), Net Carbohydrates: 39.51g (14.37%), Sugar: 2.18g (2.42%), Cholesterol: 20.24mg (6.75%), Sodium: 194.51mg (8.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.57g (11.14%), Vitamin K: 58.48µg (55.7%),

Vitamin B6: 0.8mg (39.85%), Potassium: 985.39mg (28.15%), Manganese: 0.38mg (19.12%), Vitamin C: 15.01mg (18.19%), Vitamin E: 2.58mg (17.2%), Phosphorus: 144.13mg (14.41%), Magnesium: 56.02mg (14.01%), Iron: 2.35mg (13.03%), Vitamin B1: 0.2mg (13.02%), Fiber: 3.11g (12.45%), Copper: 0.25mg (12.37%), Vitamin B3: 2.39mg (11.97%), Folate: 35.38µg (8.85%), Vitamin B5: 0.79mg (7.9%), Vitamin B2: 0.11mg (6.34%), Calcium: 53.68mg (5.37%), Zinc: 0.77mg (5.15%), Selenium: 2.12µg (3.02%), Vitamin A: 134.07IU (2.68%), Vitamin B12: 0.06µg (1.06%)