



Roasted Potato Wedges with Olive Tapenade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



294 kcal

SIDE DISH

Ingredients

- ☐ 2 medium baking potatoes cut into 8 wedges
- ☐ 1 teaspoon capers
- ☐ 1 tablespoon parsley fresh minced
- ☐ 1 tablespoon thyme leaves fresh minced
- ☐ 1 garlic clove
- ☐ 3 teaspoons olive oil divided
- ☐ 0.3 cup olives pitted ripe
- ☐ 1 tablespoon pinenuts

☐ 1 tablespoon water

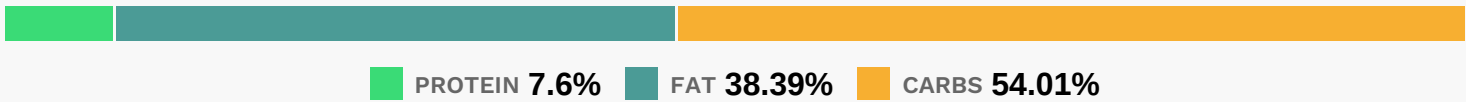
Equipment

- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Combine the olives, pine nuts, water, capers, garlic, and 1 teaspoon oil in a blender; process until smooth. Set aside.
- ☐ Place potato wedges in a shallow 2-quart baking dish.
- ☐ Drizzle with 2 teaspoons oil; toss well.
- ☐ Bake at 400 for 25 minutes or until tender, stirring occasionally.
- ☐ Add olive mixture; toss gently.
- ☐ Bake an additional 5 minutes.
- ☐ Sprinkle with parsley and thyme.

Nutrition Facts



Properties

Glycemic Index:95.88, Glycemic Load:30.6, Inflammation Score:-10, Nutrition Score:15.152173928593%

Flavonoids

Apigenin: 4.4mg, Apigenin: 4.4mg, Apigenin: 4.4mg, Apigenin: 4.4mg Luteolin: 1.74mg, Luteolin: 1.74mg, Luteolin: 1.74mg, Luteolin: 1.74mg Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

Nutrients (% of daily need)

Calories: 294.3kcal (14.72%), Fat: 13.12g (20.19%), Saturated Fat: 1.61g (10.05%), Carbohydrates: 41.54g (13.85%), Net Carbohydrates: 37.22g (13.53%), Sugar: 1.66g (1.84%), Cholesterol: 0mg (0%), Sodium: 391.63mg (17.03%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 5.85g (11.7%), Manganese: 0.86mg (43.19%), Vitamin K: 43.53µg (41.45%), Vitamin B6: 0.78mg (38.97%), Potassium: 966.38mg (27.61%), Vitamin C: 20.96mg (25.4%), Magnesium: 71.39mg (17.85%), Fiber: 4.32g (17.26%), Copper: 0.34mg (17.21%), Iron: 3.03mg (16.83%), Phosphorus: 154.07mg (15.41%), Vitamin E: 2.23mg (14.89%), Vitamin B1: 0.2mg (13.61%), Vitamin B3: 2.58mg (12.92%), Folate: 37.08µg (9.27%), Vitamin A: 428.29IU (8.57%), Zinc: 1.06mg (7.04%), Vitamin B5: 0.69mg (6.93%), Vitamin B2: 0.1mg (6.16%), Calcium: 60.53mg (6.05%), Selenium: 1.32µg (1.88%)