



Roasted Potato Wedges with Rosemary Butter



Vegetarian



Gluten Free



Low Fod Map

READY IN



40 min.

SERVINGS



4

CALORIES



264 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 1 teaspoon rosemary leaves fresh finely chopped
- 1 teaspoon kosher salt
- 1.5 tablespoons olive oil
- 2 lb baking potatoes organic (baking) (preferably ; 4 medium)
- 1.5 tablespoons butter unsalted

Equipment

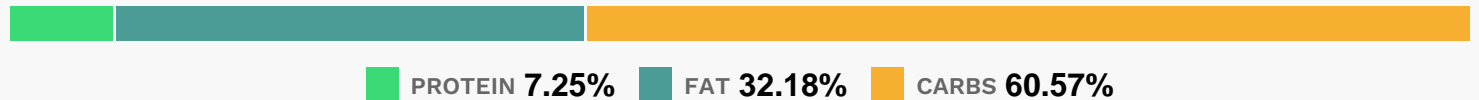
- bowl

- sauce pan
- oven
- baking pan
- aluminum foil
- spatula

Directions

- Put oven rack in lower third of oven and preheat oven to 500°F. Oil bottom of a shallow baking pan (15 by 10 by 1 inch) with 1/2 tablespoon oil.
- Cut each potato lengthwise into 8 wedges and toss with salt, pepper, and remaining tablespoon oil in a large bowl. Arrange potato wedges, flat sides down, in baking pan, then cover pan tightly with foil and roast 10 minutes.
- Remove foil and roast 10 minutes more. Loosen potatoes with a metal spatula, then turn over onto other flat sides and roast until tender and golden, about 10 minutes.
- While potatoes roast, melt butter with rosemary in a small saucepan over moderately low heat. Loosen potatoes with spatula, then transfer to a serving dish or plates and spoon rosemary butter over them.

Nutrition Facts



Properties

Glycemic Index:29.19, Glycemic Load:32.25, Inflammation Score:-4, Nutrition Score:10.029565387446%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 263.57kcal (13.18%), Fat: 9.7g (14.92%), Saturated Fat: 3.48g (21.77%), Carbohydrates: 41.07g (13.69%), Net Carbohydrates: 38.09g (13.85%), Sugar: 1.41g (1.57%), Cholesterol: 11.29mg (3.76%), Sodium: 593.42mg (25.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.82%), Vitamin B6: 0.78mg (39.15%), Potassium: 949mg (27.11%), Manganese: 0.37mg (18.7%), Vitamin C: 12.93mg (15.68%), Magnesium: 52.52mg (13.13%), Phosphorus: 126.21mg (12.62%), Vitamin B1: 0.19mg (12.43%), Fiber: 2.98g (11.93%), Copper: 0.24mg (11.83%), Vitamin B3: 2.35mg

(11.76%), Iron: 2mg (11.11%), Folate: 31.96µg (7.99%), Vitamin K: 7.82µg (7.44%), Vitamin B5: 0.69mg (6.9%), Vitamin E: 0.9mg (6.01%), Vitamin B2: 0.08mg (4.52%), Zinc: 0.67mg (4.44%), Calcium: 31.79mg (3.18%), Vitamin A: 134.88IU (2.7%), Selenium: 0.97µg (1.38%)