

Roasted Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



266 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon parmesan cheese grated
- ☐ 0.1 teaspoon pepper
- ☐ 2 teaspoons bottled real bacon bits
- ☐ 6 potatoes red cut into 8 wedges (1 1/2 pounds)

Equipment

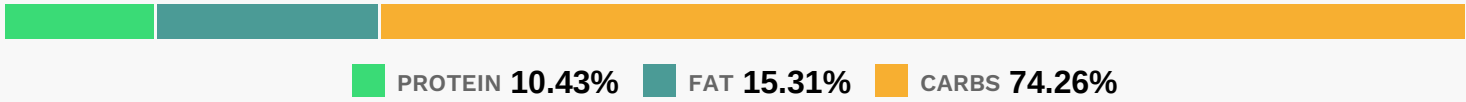
- ☐ bowl
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 45
- ☐ Combine all ingredients except cooking spray in a medium bowl; toss well. Spoon potato mixture into an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Bake mixture at 450 for 35 minutes or until tender, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:13.687391405844%

Flavonoids

Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 266.26kcal (13.31%), Fat: 4.67g (7.19%), Saturated Fat: 1.04g (6.5%), Carbohydrates: 51g (17%), Net Carbohydrates: 45.55g (16.56%), Sugar: 4.12g (4.58%), Cholesterol: 3.59mg (1.2%), Sodium: 131.97mg (5.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.17g (14.33%), Potassium: 1456.89mg (41.63%), Vitamin C: 27.48mg (33.31%), Vitamin B6: 0.54mg (27.22%), Manganese: 0.46mg (22.98%), Fiber: 5.45g (21.79%), Copper: 0.43mg (21.47%), Phosphorus: 202.92mg (20.29%), Vitamin B3: 3.67mg (18.36%), Magnesium: 70.83mg (17.71%), Vitamin B1: 0.26mg (17.28%), Folate: 57.6µg (14.4%), Iron: 2.36mg (13.13%), Vitamin K: 11.5µg (10.95%), Vitamin B5: 0.9mg (8.96%), Zinc: 1.11mg (7.39%), Vitamin B2: 0.1mg (6.09%), Calcium: 43.31mg (4.33%), Vitamin E: 0.54mg (3.62%), Selenium: 2.04µg (2.91%)