



Rosemary Baked Potato Wedges

 Vegetarian

READY IN



80 min.

SERVINGS



30

CALORIES



194 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups bread crumbs
- ☐ 0.3 cup butter melted
- ☐ 1.5 cups flour
- ☐ 0.3 cup rosemary fresh chopped
- ☐ 2 tablespoons garlic powder
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons onion powder
- ☐ 2 tablespoons salt

☐ 10 pounds yukon gold potatoes scrubbed cut into wedges

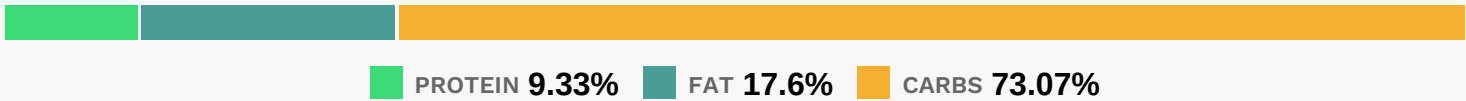
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat an oven to 450 degrees F (230 degrees C). Prepare 4 baking sheets with cooking spray.
- ☐ Stir together the olive oil and melted butter.
- ☐ Place the potato wedges in a large bowl; pour the butter mixture over the potatoes; toss to coat.
- ☐ Mix together the flour, bread crumbs, rosemary, garlic powder, onion powder, and salt; add to the potatoes and stir.
- ☐ Spread the potato wedges in single layers on the baking sheets.
- ☐ Bake in the preheated oven until browned, occasionally moving the sheets around to assure even baking, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:7.13, Glycemic Load:22.8, Inflammation Score:-4, Nutrition Score:9.6165216902028%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 193.63kcal (9.68%), Fat: 3.84g (5.91%), Saturated Fat: 1.34g (8.4%), Carbohydrates: 35.88g (11.96%), Net Carbohydrates: 31.99g (11.63%), Sugar: 1.58g (1.75%), Cholesterol: 4.07mg (1.36%), Sodium: 526.74mg (22.9%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.16%), Vitamin C: 29.95mg (36.3%), Vitamin B6: 0.47mg (23.42%), Potassium: 666.84mg (19.05%), Manganese: 0.34mg (16.91%), Fiber: 3.89g (15.56%), Vitamin B1: 0.23mg (15.12%), Vitamin B3: 2.33mg (11.65%), Phosphorus: 106.16mg (10.62%), Folate: 42.26µg (10.56%), Iron: 1.81mg (10.04%), Magnesium: 39.67mg (9.92%), Copper: 0.19mg (9.63%), Vitamin B2: 0.1mg (6.07%), Selenium: 4.15µg (5.92%), Vitamin B5: 0.52mg (5.16%), Vitamin K: 4.49µg (4.27%), Zinc: 0.6mg (4%), Calcium: 32.65mg (3.26%), Vitamin E: 0.33mg (2.21%), Vitamin A: 56.88IU (1.14%)