



Spicy Oven-Roasted Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



255 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon cayenne pepper
- ☐ 0.3 teaspoon garlic powder
- ☐ 4 servings kosher salt freshly ground
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon paprika
- ☐ 1.5 pounds russet potatoes unpeeled cut lengthwise into 8 wedges

Equipment

- ☐ oven

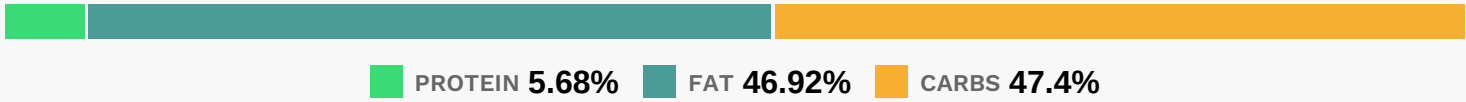
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aluminum foil

Directions

- ☐ Preheat oven to 450°F. Toss potato wedges,oil, paprika, garlic powder, and cayennepepper on a foil-lined large rimmed bakingsheet to evenly coat; season potatoes withsalt and pepper.
- ☐ Roast, turning once, until wedges aregolden brown and crisp, 25–30 minutes.

Nutrition Facts



Properties

Glycemic Index:42.19, Glycemic Load:24.21, Inflammation Score:−3, Nutrition Score:8.3182608822118%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 255.49kcal (12.77%), Fat: 13.68g (21.05%), Saturated Fat: 1.92g (11.98%), Carbohydrates: 31.11g (10.37%), Net Carbohydrates: 28.75g (10.45%), Sugar: 1.09g (1.21%), Cholesterol: 0mg (0%), Sodium: 9.1mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.45%), Vitamin B6: 0.6mg (29.86%), Potassium: 719.96mg (20.57%), Manganese: 0.29mg (14.34%), Vitamin E: 2.05mg (13.7%), Vitamin C: 9.75mg (11.82%), Vitamin K: 11.6µg (11.05%), Magnesium: 39.98mg (9.99%), Phosphorus: 95.46mg (9.55%), Fiber: 2.36g (9.43%), Vitamin B1: 0.14mg (9.43%), Iron: 1.62mg (8.98%), Copper: 0.18mg (8.98%), Vitamin B3: 1.79mg (8.97%), Folate: 24.11µg (6.03%), Vitamin B5: 0.52mg (5.21%), Vitamin B2: 0.06mg (3.54%), Zinc: 0.51mg (3.42%), Vitamin A: 151.39IU (3.03%), Calcium: 23.5mg (2.35%), Selenium: 0.75µg (1.07%)