



## Spicy Potato Wedges

 **Gluten Free**

READY IN



**20 min.**

SERVINGS



**6**

CALORIES



**272 kcal**

**SIDE DISH**

### Ingredients

- 6 servings garlic powder to taste
- 6 servings paprika to taste
- 2 tablespoons parmesan cheese grated to taste
- 4 large potatoes cut into wedges
- 6 servings salt and pepper to taste
- 3 tablespoons vegetable oil

### Equipment

- microwave

## Directions

- Pierce potato wedges with a fork, and arrange in a single layer on a microwave safe plate.
- Drizzle with oil and sprinkle with salt, pepper, paprika, garlic powder and Parmesan.
- Microwave on high for 10 minutes, or until cooked through; rotate the plate after 5 minutes if your microwave doesn't have a rotating plate.

## Nutrition Facts



## Properties

Glycemic Index:17.29, Glycemic Load:31.61, Inflammation Score:-8, Nutrition Score:15.461304568564%

## Flavonoids

Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

## Nutrients (% of daily need)

Calories: 272.12kcal (13.61%), Fat: 7.77g (11.95%), Saturated Fat: 1.41g (8.81%), Carbohydrates: 46.44g (15.48%), Net Carbohydrates: 40.06g (14.57%), Sugar: 2.2g (2.44%), Cholesterol: 1.45mg (0.48%), Sodium: 240.88mg (10.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.24g (12.48%), Vitamin C: 48.52mg (58.81%), Vitamin B6: 0.82mg (40.97%), Potassium: 1120.16mg (32%), Fiber: 6.38g (25.52%), Manganese: 0.44mg (21.97%), Vitamin A: 1004.42IU (20.09%), Vitamin K: 18.83µg (17.93%), Phosphorus: 169.49mg (16.95%), Magnesium: 63.04mg (15.76%), Copper: 0.3mg (14.84%), Vitamin B1: 0.22mg (14.46%), Vitamin B3: 2.82mg (14.1%), Iron: 2.52mg (14.01%), Folate: 41.85µg (10.46%), Vitamin B5: 0.81mg (8.06%), Vitamin E: 1.19mg (7.94%), Vitamin B2: 0.11mg (6.66%), Zinc: 0.96mg (6.42%), Calcium: 51.32mg (5.13%), Selenium: 2.16µg (3.09%)