



Spicy Roasted Potato Wedges



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



169 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon ground pepper
- ☐ 1 teaspoon thyme dried
- ☐ 1 clove garlic minced
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 5 baking potatoes cut into 1/2-inch wedges (3 1/2 lb.)
- ☐ 8 servings salt and pepper
- ☐ 1 tablespoon paprika smoked

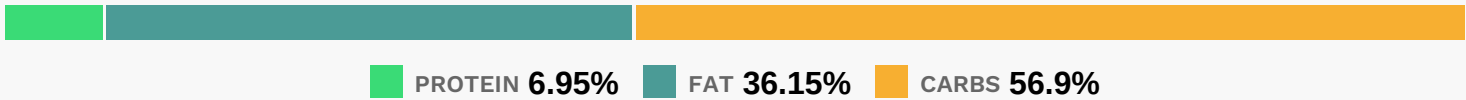
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 450F. In a large bowl, combine potatoes, oil, paprika, salt, pepper, cayenne and thyme; toss well to coat.
- ☐ Divide potatoes between 2 rimmed baking sheets, spreading in a single layer.
- ☐ Bake for 20 minutes.
- ☐ Remove pans from oven and flip potatoes over.
- ☐ Sprinkle with garlic. Return pans to oven and bake 20 minutes longer.
- ☐ Serve potatoes hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:20.22, Glycemic Load:19, Inflammation Score:-6, Nutrition Score:7.2239129413729%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 169.01kcal (8.45%), Fat: 7.02g (10.81%), Saturated Fat: 1g (6.23%), Carbohydrates: 24.87g (8.29%), Net Carbohydrates: 22.72g (8.26%), Sugar: 0.95g (1.05%), Cholesterol: 0mg (0%), Sodium: 201.38mg (8.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.08%), Vitamin B6: 0.49mg (24.47%), Potassium: 582.74mg (16.65%), Manganese: 0.24mg (12.23%), Vitamin A: 541.11IU (10.82%), Vitamin C: 7.97mg (9.66%), Vitamin K: 9.51µg (9.06%), Vitamin E: 1.32mg (8.83%), Fiber: 2.16g (8.63%), Iron: 1.55mg (8.61%), Magnesium: 32.93mg (8.23%), Phosphorus: 77.52mg (7.75%), Vitamin B1: 0.11mg (7.62%), Vitamin B3: 1.5mg (7.48%), Copper: 0.15mg (7.33%), Folate: 19.68µg (4.92%), Vitamin B5: 0.42mg (4.25%), Vitamin B2: 0.06mg (3.41%), Zinc: 0.44mg (2.95%), Calcium: 22.91mg (2.29%)