



Roasted Potato Wedges

Prep Time 5 mins
Total Time 20 mins
Meal Type Breakfast,Lunch,Dinner,Snack,Side

Contributed By LivingPlateRx

Source Living Plate Teaching Kitchen

Servings 4



Ingredients

lb,c g,ml

- 4 potatoes, *cut into wedges*
- 2 Tbs olive oil, garlic-infused
- salt, *to taste*
- black pepper, *to taste*

Directions

Prep

1. Wash potatoes and slice into wedges.
2. Preheat oven to 400° F and line baking sheet with parchment paper.

Make

1. Toss potato wedges with olive oil and season with salt and pepper.
2. Roast in the oven for at least 20 minutes, tossing several times during cooking, until potatoes are done to liking [we like them crispy!]
3. Serve warm.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories	207	Total Fat 7.0g	10%	Total Carbohydrates 33g	11%
		Saturated Fat 1.0g	4%	Dietary Fiber 5g	20%
		Trans Fat 0.0g		Total Sugars 2g	
		Cholesterol 0mg	0%	Protein 4g	
		Sodium 34mg	1%		
		Vitamin D 0mcg 0% · Calcium 19mg 1% · Iron 1mg 6% · Potassium 867mg 18%			

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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