

STANDARD RECIPE CARD

Recipe For Roasted Potato Wedges

Portion Size _____

Number Portions 20

Ingredient	x 1	x _____	Ingredient	x 1	x _____
Russet potatoes, cut into ½ inch wedges	10#				
Cooking spray (butter or olive oil flavor)	To coat				
Paprika	1 tbsp				
Salt	1 tsp				
Pepper	1 tsp				
Garlic powder	3 tsp				

PROCEDURE

Preheat oven to 450°

Mix salt, pepper, paprika, and garlic powder together in a small bowl.

Arrange cut potatoes in a single layer on a baking sheet. Spray moderately with cooking spray. Flip over and spray other side.

Sprinkle lightly with the salt, pepper and garlic powder mixture.

Bake for 20-30 minutes, until soft and can be punctured with a fork.

Nutrition Facts

Servings Per Recipe: 20
Serving Size: 1 serving

Amount Per Serving	
Calories	84.7
Total Fat	0.1 g
Saturated Fat	0.0 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0.0 g
Cholesterol	0.0 mg
Sodium	122.9 mg
Potassium	462.4 mg
Total Carbohydrate	19.2 g
Dietary Fiber	2.5 g
Sugars	1.0 g
Protein	2.3 g
Vitamin A	3.7 %
Vitamin C	35.5 %
Calcium	1.4 %
Iron	5.3 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.