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## Foil Potatoes ✦

Foil Potatoes are a delicious side dish made by wrapping potatoes in foil and baking them. They are crispy on the outside and soft on the inside, with a rich flavor. This recipe is perfect for a barbecue or a family dinner.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 45 mins

**Total Time:** 55 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>500 g</b>	potatoes
<b>4 tbsp</b>	olive oil
<b>1 tsp</b>	Salt
<b>1 tsp</b>	Black pepper
<b>1 tsp</b>	Garlic powder

1 tsp Paprika

## Directions

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### Step 1

#### Preheating

Preheat the oven to 400°F (200°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Cutting

Wash and dry the potatoes. Cut them into wedges.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 3

#### Mixing

In a bowl, mix olive oil, salt, black pepper, garlic powder, and paprika.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

### Plating

Place the potato wedges on a sheet of aluminum foil. Drizzle the olive oil mixture over the potatoes.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

### Wrapping

Wrap the foil tightly around the potatoes, creating a sealed packet.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

### Baking

Place the foil packet on a baking sheet and bake for 40-45 minutes, or until the potatoes are tender.

**Prep Time:** 0 mins

**Cook Time:** 45 mins

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## Step 7

### Serving

Remove the foil packet from the oven and carefully open it. Serve the foil potatoes hot.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 200 kcal

**Fat:** 10 g

**Protein:** 2 g

**Carbohydrates:** 25 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	25 g	45.45%	50%
Fibers	3 g	7.89%	12%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	500 mg	14.71%	19.23%
Zinc	4 mg	36.36%	50%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Events

Picnic Barbecue Game Day

### Kitchen Tools

Slow Cooker Blender

### Course

Snacks Breads Side Dishes Appetizers

### Cuisines

Italian Middle Eastern

### Diet

Anti-Inflammatory Diet

### Nutritional Content

Low Calorie

**Meal Type**

Lunch

Breakfast

Brunch

Dinner

Snack

Supper

**Difficulty Level**

Medium

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