

All Recipes

Al Recipe Builder

Similar Recipes

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

500 g	potatoes
4 tbsp	olive oil
1 tsp	Salt
1 tsp	Black pepper
1 tsp	Garlic powder

Directions

Step 1



Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Wash and dry the potatoes. Cut them into wedges.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Mixing

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

Prep Time: 5 mins

Cook Time: 0 mins

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

Step 5

Wrapping

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

Prep Time: 5 mins

Cook Time: 0 mins

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

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: 2g

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)
----------	-------	------------------------------	--------------------------------

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		

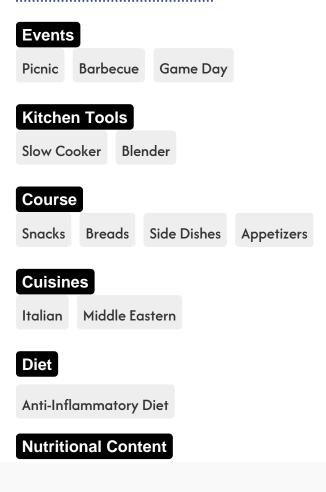
Vitamins

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



Low Ca	lorie						
Meal T	уре						
Lunch	Breakfast	Brunch	Dinner	Snack	Supper		
Difficu	Ity Level						
Medium							
Medium							
Visit our website: healthdor.com							