



Au Gratin Potatoes on the Grill

READY IN



30 min.

SERVINGS



4

CALORIES



275 kcal

SIDE DISH

Ingredients

- 0.3 cup bread crumbs
- 4 servings ground pepper black to taste
- 2 tablespoons parmesan cheese grated
- 8 small potatoes red cubed
- 1 pinch lawry's seasoned salt to taste

Equipment

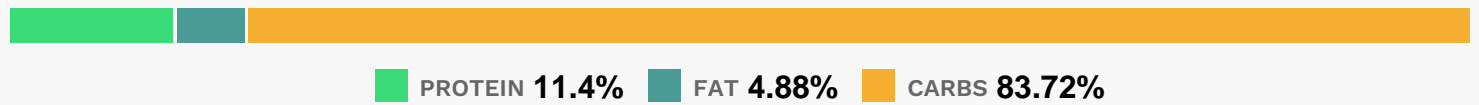
- bowl
- grill

aluminum foil

Directions

- Preheat grill for medium heat. Spray a 24-inch piece of aluminum foil with cooking spray.
- Place potatoes on the prepared piece of aluminum foil; spray with cooking spray.
- Mix bread crumbs, Parmesan cheese, seasoned salt, and pepper together in a bowl; sprinkle over potatoes. Fold aluminum foil over potato mixture and seal edges together.
- Cook on the grill until potatoes are tender, 20 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:15.593478287692%

Flavonoids

Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 275.44kcal (13.77%), Fat: 1.54g (2.36%), Saturated Fat: 0.59g (3.68%), Carbohydrates: 59.29g (19.76%), Net Carbohydrates: 53.18g (19.34%), Sugar: 4.81g (5.34%), Cholesterol: 2.17mg (0.73%), Sodium: 164.07mg (7.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.08g (16.16%), Potassium: 1566.16mg (44.75%), Vitamin C: 29.24mg (35.44%), Vitamin B6: 0.59mg (29.42%), Manganese: 0.56mg (27.82%), Fiber: 6.11g (24.44%), Copper: 0.48mg (23.76%), Phosphorus: 234.55mg (23.45%), Vitamin B1: 0.34mg (22.76%), Vitamin B3: 4.36mg (21.79%), Magnesium: 78.75mg (19.69%), Folate: 68.59µg (17.15%), Iron: 2.83mg (15.72%), Vitamin K: 10.51µg (10.01%), Vitamin B5: 1mg (9.95%), Zinc: 1.33mg (8.86%), Vitamin B2: 0.14mg (8.32%), Calcium: 68.9mg (6.89%), Selenium: 4.28µg (6.12%)