



Baked Potatoes on the Grill

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



80 min.

SERVINGS



4

CALORIES



168 kcal

SIDE DISH

Ingredients

- 4 medium baking potatoes
- 4 servings kosher salt (coarse)

Equipment

- frying pan
- oven
- loaf pan
- grill

Directions

- Heat coals or gas grill for direct heat. Gently scrub potatoes. Pierce potatoes several times with fork to allow steam to escape while potatoes bake.
- Pour 1-inch layer of salt in bottom of 2 disposable aluminum loaf pan, 8 1/2x4 1/2x2 1/2 inches.
- Place 2 potatoes in salt in each pan; pour salt over potatoes until completely covered.
- Cover and grill potatoes over medium heat 1 hour to 1 hour 15 minutes or until potatoes feel tender when pierced in center with fork. Carefully remove potatoes from salt.

Nutrition Facts

 **PROTEIN 10.5%**  **FAT 0.88%**  **CARBS 88.62%**

Properties

Glycemic Index:21.19, Glycemic Load:30.27, Inflammation Score:-3, Nutrition Score:8.8004348248891%

Nutrients (% of daily need)

Calories: 168.27kcal (8.41%), Fat: 0.17g (0.26%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 38.49g (12.83%), Net Carbohydrates: 35.72g (12.99%), Sugar: 1.32g (1.47%), Cholesterol: 0mg (0%), Sodium: 204.44mg (8.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.12%), Vitamin B6: 0.73mg (36.74%), Potassium: 888.25mg (25.38%), Manganese: 0.33mg (16.75%), Vitamin C: 12.14mg (14.72%), Magnesium: 48.99mg (12.25%), Phosphorus: 117.15mg (11.72%), Vitamin B1: 0.17mg (11.64%), Fiber: 2.77g (11.08%), Vitamin B3: 2.2mg (11.02%), Copper: 0.22mg (10.98%), Iron: 1.83mg (10.19%), Folate: 29.82µg (7.45%), Vitamin B5: 0.64mg (6.41%), Vitamin B2: 0.07mg (4.13%), Zinc: 0.62mg (4.12%), Vitamin K: 3.83µg (3.65%), Calcium: 27.81mg (2.78%), Selenium: 0.85µg (1.22%)