



Barbequed Potato and Garlic Scape Packets

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



346 kcal

SIDE DISH

Ingredients

- 20 garlic-scapes cut into 1 1/2-inch pieces
- 6 servings kosher salt and pepper to taste
- 0.3 cup olive oil extra-virgin
- 8 potatoes red cut into 1-inch cubes

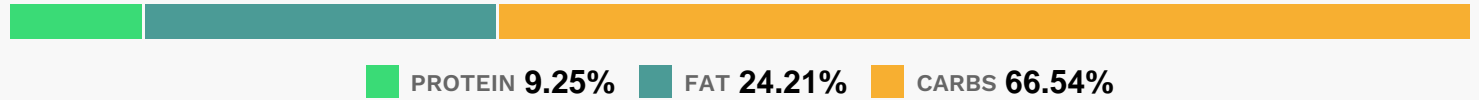
Equipment

- mixing bowl
- grill
- aluminum foil

Directions

- Preheat an outdoor grill for medium–high heat and lightly oil the grate.
- Cut 6 18–inch pieces of aluminum foil and set aside.
- Combine the potatoes and scapes in a mixing bowl.
- Drizzle with olive oil; season to taste with salt and pepper. Divide the mixture among the pieces of aluminum foil and fold the edges of the foil over the potato mixture to seal the packets.
- Place the packets onto the preheated grill and close the lid. Cook until the potatoes are tender and easily pierced with a fork, 20 to 25 minutes. Rotate the packets halfway through cooking.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:13.852173687323%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 346.03kcal (17.3%), Fat: 9.73g (14.97%), Saturated Fat: 1.34g (8.38%), Carbohydrates: 60.16g (20.05%), Net Carbohydrates: 54.33g (19.76%), Sugar: 4g (4.44%), Cholesterol: 0mg (0%), Sodium: 252.76mg (10.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.37g (16.74%), Vitamin C: 38.62mg (46.82%), Potassium: 1292.33mg (36.92%), Vitamin B6: 0.48mg (24.14%), Fiber: 5.83g (23.31%), Manganese: 0.4mg (20.05%), Copper: 0.38mg (19.04%), Phosphorus: 173.24mg (17.32%), Vitamin B3: 3.26mg (16.32%), Iron: 2.91mg (16.14%), Magnesium: 62.49mg (15.62%), Vitamin B1: 0.23mg (15.34%), Vitamin K: 13.65µg (13%), Folate: 51.12µg (12.78%), Calcium: 111.94mg (11.19%), Vitamin E: 1.32mg (8.83%), Vitamin B5: 0.79mg (7.92%), Zinc: 0.94mg (6.25%), Vitamin B2: 0.09mg (5.18%), Selenium: 1.42µg (2.03%)