

# BBQ Potato Roast



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



367 kcal

SIDE DISH

## Ingredients

- 10 potatoes peeled halved
- 2 tablespoons lawry's seasoned salt
- 0.5 cup vegetable oil

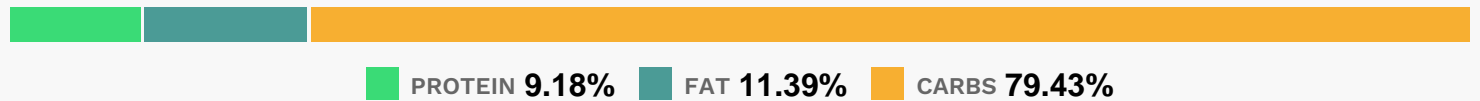
## Equipment

- sauce pan
- grill

## Directions

- Preheat grill for high heat.
- Place potatoes in a large saucepan with enough lightly salted water to cover. Bring to a boil. Cook 15 minutes, or until tender but firm.
- Drain potatoes, and pat dry. Coat thoroughly with vegetable oil and seasoned salt.
- Place potatoes on the preheated grill. Cook approximately 20 minutes, turning periodically.

## Nutrition Facts



## Properties

Glycemic Index:16.75, Glycemic Load:54.48, Inflammation Score:-7, Nutrition Score:21.367391484587%

## Flavonoids

Kaempferol: 3.41mg, Kaempferol: 3.41mg, Kaempferol: 3.41mg, Kaempferol: 3.41mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

## Nutrients (% of daily need)

Calories: 366.56kcal (18.33%), Fat: 4.74g (7.3%), Saturated Fat: 0.78g (4.85%), Carbohydrates: 74.42g (24.81%), Net Carbohydrates: 65.05g (23.65%), Sugar: 3.32g (3.69%), Cholesterol: 0mg (0%), Sodium: 2816.14mg (122.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.61g (17.21%), Vitamin C: 83.92mg (101.72%), Vitamin B6: 1.26mg (62.84%), Potassium: 1794.04mg (51.26%), Fiber: 9.37g (37.49%), Manganese: 0.66mg (32.95%), Magnesium: 98.05mg (24.51%), Phosphorus: 242.82mg (24.28%), Copper: 0.46mg (23.11%), Vitamin B1: 0.34mg (22.72%), Vitamin B3: 4.49mg (22.45%), Iron: 3.35mg (18.6%), Folate: 68.16µg (17.04%), Vitamin K: 16.11µg (15.34%), Vitamin B5: 1.26mg (12.61%), Zinc: 1.24mg (8.28%), Vitamin B2: 0.14mg (8.02%), Calcium: 52.85mg (5.28%), Vitamin E: 0.4mg (2.66%), Selenium: 1.29µg (1.84%)