



BBQ Potatoes with Green Onions

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



320 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 4 spring onion finely chopped
- 6 servings pepper black to taste
- 6 large potatoes peeled

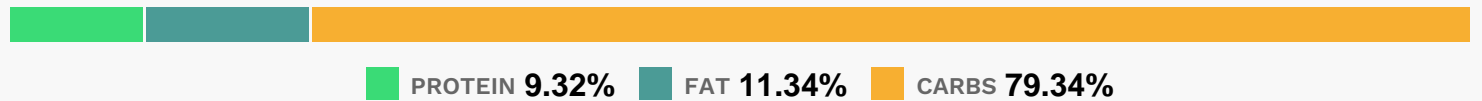
Equipment

- grill
- aluminum foil
- microwave

Directions

- Preheat an outdoor grill for high heat.
- Microwave potatoes on High 5 to 8 minutes, until tender but still firm. Cool slightly, and cube.
- Place cubed potatoes on a large piece of foil. Top with green onions. Dot with butter, and season with salt and pepper. Tightly seal foil around the potatoes.
- Cook on the prepared grill 20 to 30 minutes, until tender.

Nutrition Facts



Properties

Glycemic Index:32.96, Glycemic Load:47.33, Inflammation Score:-7, Nutrition Score:19.552608681762%

Flavonoids

Kaempferol: 3.06mg, Kaempferol: 3.06mg, Kaempferol: 3.06mg, Kaempferol: 3.06mg Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg

Nutrients (% of daily need)

Calories: 320.4kcal (16.02%), Fat: 4.14g (6.36%), Saturated Fat: 2.5g (15.62%), Carbohydrates: 65.12g (21.71%), Net Carbohydrates: 56.77g (20.64%), Sugar: 3.07g (3.41%), Cholesterol: 10.03mg (3.34%), Sodium: 53.45mg (2.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.65g (15.3%), Vitamin C: 74.2mg (89.94%), Vitamin B6: 1.09mg (54.69%), Potassium: 1578.02mg (45.09%), Fiber: 8.35g (33.41%), Manganese: 0.59mg (29.51%), Vitamin K: 24.06µg (22.92%), Magnesium: 86.73mg (21.68%), Phosphorus: 214.57mg (21.46%), Copper: 0.41mg (20.32%), Vitamin B1: 0.3mg (20%), Vitamin B3: 3.93mg (19.67%), Iron: 3.01mg (16.71%), Folate: 64.32µg (16.08%), Vitamin B5: 1.1mg (11.05%), Vitamin B2: 0.13mg (7.43%), Zinc: 1.11mg (7.38%), Calcium: 51.6mg (5.16%), Vitamin A: 204.31IU (4.09%), Selenium: 1.21µg (1.72%), Vitamin E: 0.19mg (1.27%)