



BBQ Scalloped Potatoes

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



92 kcal

SIDE DISH

Ingredients

- 2 slices carrots thin
- 2 Tbsp parsley fresh chopped
- 0.3 cup miracle whip dressing
- 0.3 cup parmesan cheese divided grated kraft
- 0.8 lb potatoes red peeled thinly sliced (2)
- 0.5 cup water

Equipment

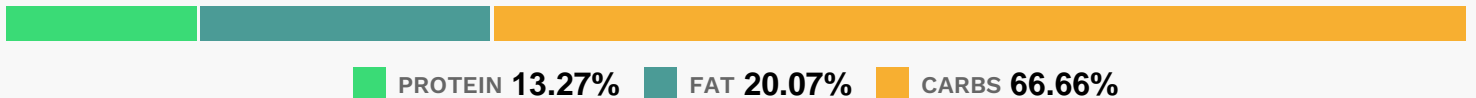
- bowl

- grill
- aluminum foil
- microwave

Directions

- Heat grill to medium heat.
- Microwave potatoes, carrots and water in microwaveable bowl covered with waxed paper on HIGH 5 to 7 min. or just until potatoes are crisp-tender; drain well.
- Mix 1/3 cup cheese and dressing.
- Add to potato mixture; mix lightly.
- Spoon onto center of large sheet of heavy-duty foil sprayed with cooking spray; fold to make packet.
- Place on upper shelf of grill.
- Grill 15 to 20 min. or until vegetables are tender.
- Cut slits in foil to release steam before carefully opening packet.
- Sprinkle potato mixture with parsley and remaining cheese.

Nutrition Facts



Properties

Glycemic Index:13.14, Glycemic Load:1.3, Inflammation Score:-10, Nutrition Score:10.251304271428%

Flavonoids

Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 92.11kcal (4.61%), Fat: 2.13g (3.27%), Saturated Fat: 0.98g (6.13%), Carbohydrates: 15.88g (5.29%), Net Carbohydrates: 13.46g (4.9%), Sugar: 4.13g (4.59%), Cholesterol: 6.11mg (2.04%), Sodium: 248.82mg (10.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.32%), Vitamin A: 6962.28IU (139.25%), Vitamin K:

27.88µg (26.55%), Potassium: 412.3mg (11.78%), Vitamin C: 8.96mg (10.86%), Fiber: 2.41g (9.65%), Phosphorus: 85.49mg (8.55%), Vitamin B6: 0.16mg (7.91%), Manganese: 0.14mg (7.24%), Calcium: 71.39mg (7.14%), Vitamin B3: 1.07mg (5.36%), Copper: 0.1mg (5.08%), Folate: 20.19µg (5.05%), Magnesium: 20.13mg (5.03%), Vitamin B1: 0.08mg (5.02%), Iron: 0.66mg (3.65%), Vitamin B2: 0.06mg (3.62%), Zinc: 0.54mg (3.61%), Selenium: 2.27µg (3.24%), Vitamin B5: 0.29mg (2.92%), Vitamin E: 0.31mg (2.08%), Vitamin B12: 0.08µg (1.25%)