

 **95%**
HEALTH SCORE

Beer Spuds

 **Gluten Free**  **Very Healthy**

READY IN



140 min.

SERVINGS



1

CALORIES



5699 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 36 fluid ounce beer canned
- 1 cup butter sliced
- 2 teaspoons garlic minced
- 1 bell pepper green chopped
- 16 ounces cheese blend shredded mexican-style
- 0.3 cup lemon pepper
- 1 orange bell pepper chopped
- 5 pounds potatoes cubed

- 0.3 cup spicy seasoning blend salt-free
- 1 onion sweet chopped
- 1 bell pepper yellow chopped

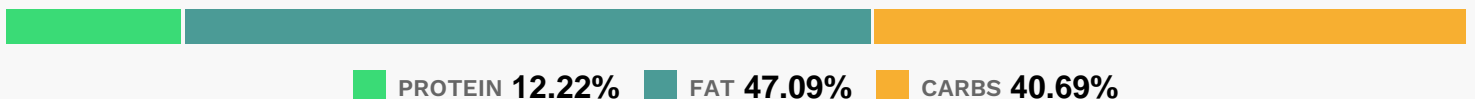
Equipment

- frying pan
- roasting pan
- grill
- aluminum foil

Directions

- Preheat an outdoor grill for medium heat.
- Line the bottom of a 9x13 inch foil roasting pan with half of the butter, garlic, lemon pepper, and salt-free spicy seasoning blend.
- Place half of the potatoes, green bell pepper, yellow bell pepper, orange bell pepper and onion in the roasting pan and cover with the remaining butter, garlic, lemon pepper, and seasoning blend.
- Mix in the remaining potatoes, green bell pepper, yellow bell pepper, orange bell pepper and onion.
- Pour in the beer until it reaches just below the top layer of vegetables.
- Cover pan with foil, place pan on the grill grate, and cook 1 1/2 hours, or until the potatoes are tender.
- Remove pan from the grill, cover with the shredded cheese, and let stand until the cheese has melted.

Nutrition Facts



Properties

Glycemic Index:310.25, Glycemic Load:318.6, Inflammation Score:-10, Nutrition Score:91.830434799194%

Flavonoids

Catechin: 4.05mg, Catechin: 4.05mg, Catechin: 4.05mg, Catechin: 4.05mg Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Luteolin: 7.58mg, Luteolin: 7.58mg, Luteolin: 7.58mg Kaempferol: 30.66mg, Kaempferol: 30.66mg, Kaempferol: 30.66mg, Kaempferol: 30.66mg Myricetin: 4.34mg, Myricetin: 4.34mg, Myricetin: 4.34mg, Myricetin: 4.34mg Quercetin: 68.4mg, Quercetin: 68.4mg, Quercetin: 68.4mg, Quercetin: 68.4mg Gallocatechin: 0.85mg, Gallocatechin: 0.85mg, Gallocatechin: 0.85mg, Gallocatechin: 0.85mg

Nutrients (% of daily need)

Calories: 5699.37kcal (284.97%), Fat: 293.08g (450.89%), Saturated Fat: 178.85g (1117.79%), Carbohydrates: 569.86g (189.95%), Net Carbohydrates: 471.16g (171.33%), Sugar: 49.83g (55.36%), Cholesterol: 846.39mg (282.13%), Sodium: 4547.12mg (197.7%), Alcohol: 41.52g (100%), Alcohol %: 1.09% (100%), Protein: 171.09g (342.18%), Vitamin C: 932.27mg (1130.02%), Manganese: 14.96mg (747.76%), Vitamin K: 549.69µg (523.51%), Vitamin B6: 9.46mg (473.09%), Calcium: 3976.84mg (397.68%), Fiber: 98.69g (394.78%), Potassium: 12895.64mg (368.45%), Phosphorus: 3464.81mg (346.48%), Vitamin A: 14522.04IU (290.44%), Iron: 49.88mg (277.11%), Magnesium: 1013.35mg (253.34%), Copper: 4.14mg (207.15%), Folate: 789.43µg (197.36%), Vitamin B3: 36.63mg (183.15%), Vitamin B12: 10.94µg (182.35%), Vitamin B2: 3.01mg (176.97%), Vitamin B1: 2.5mg (166.45%), Zinc: 23.58mg (157.21%), Selenium: 101.11µg (144.45%), Vitamin E: 20.16mg (134.41%), Vitamin B5: 10.47mg (104.66%), Vitamin D: 1.81µg (12.1%)