



Best Potatoes You'll Ever Taste

 Vegetarian  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



280 kcal

SIDE DISH

Ingredients

- 2 cloves garlic crushed
- 3 tablespoons mayonnaise
- 1 teaspoon oregano dried
- 5 potatoes quartered
- 4 servings salt and pepper to taste

Equipment

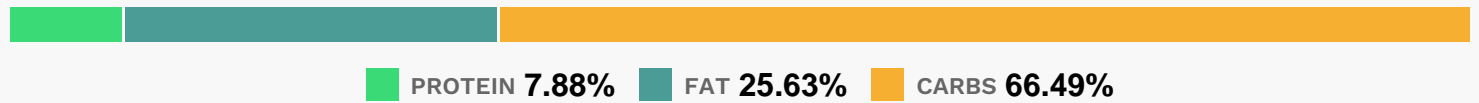
- bowl
- pot

- grill
- aluminum foil

Directions

- In a small bowl, mix mayonnaise, garlic, oregano, salt , and pepper. Set aside.
- Bring a large pot of salted water to a boil.
- Add potatoes, and cook until almost done, about 10 minutes. Don't overcook otherwise the potatoes will break apart.
- Drain, and cool.
- Preheat an outdoor grill for high heat. Lightly grease a large piece of aluminum foil.
- Arrange potatoes in the prepared aluminum foil. Spoon the mayonnaise mixture over the potatoes.
- Place on the prepared grill, and cook until potatoes are tender and mayonnaise mixture is lightly browned, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:42.19, Glycemic Load:34.23, Inflammation Score:-7, Nutrition Score:14.635217505953%

Flavonoids

Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 279.97kcal (14%), Fat: 8.12g (12.5%), Saturated Fat: 1.31g (8.17%), Carbohydrates: 47.41g (15.8%), Net Carbohydrates: 41.31g (15.02%), Sugar: 2.17g (2.41%), Cholesterol: 4.41mg (1.47%), Sodium: 276.82mg (12.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.62g (11.24%), Vitamin C: 52.93mg (64.16%), Vitamin B6: 0.81mg (40.5%), Potassium: 1135.37mg (32.44%), Fiber: 6.1g (24.41%), Vitamin K: 25.31µg (24.1%), Manganese: 0.46mg (22.93%), Magnesium: 63.07mg (15.77%), Phosphorus: 157mg (15.7%), Copper: 0.3mg (14.87%), Vitamin B1: 0.22mg (14.53%), Vitamin B3: 2.84mg (14.2%), Iron: 2.31mg (12.83%), Folate: 44.35µg (11.09%), Vitamin B5: 0.82mg (8.2%), Zinc: 0.82mg (5.46%), Vitamin B2: 0.09mg (5.38%), Calcium: 43.61mg (4.36%), Vitamin E: 0.46mg (3.09%), Selenium: 1.28µg (1.82%)