

Camper's Potatoes

READY IN



40 min.

SERVINGS



4

CALORIES



310 kcal

SIDE DISH

Ingredients

- 0.3 cup butter melted
- 1 ounce onion soup mix dry
- 8 ounce mushrooms sliced
- 4 medium potatoes peeled cut into 1 inch cubes
- 1 large onion red cut into 1 inch cubes

Equipment

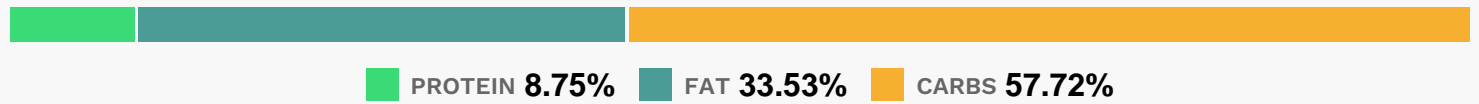
- bowl
- grill

aluminum foil

Directions

- Preheat an outdoor grill for medium heat.
- Toss together the potatoes, onion, mushroom, and soup mix in a large bowl.
- Drizzle in the butter, and toss to coat. Divide into 4 portions, and seal each portion well in several layers of aluminum foil.
- Cook potatoes on preheated grill until tender, 30 to 40 minutes. Turn at least once during cooking to ensure that they cook evenly.

Nutrition Facts



Properties

Glycemic Index:48.19, Glycemic Load:28.22, Inflammation Score:-6, Nutrition Score:15.898695645125%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg

Nutrients (% of daily need)

Calories: 309.97kcal (15.5%), Fat: 11.94g (18.37%), Saturated Fat: 7.39g (46.21%), Carbohydrates: 46.25g (15.42%), Net Carbohydrates: 40.06g (14.57%), Sugar: 4.29g (4.76%), Cholesterol: 30.5mg (10.17%), Sodium: 677.13mg (29.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.02%), Vitamin C: 45.43mg (55.06%), Vitamin B6: 0.76mg (38.1%), Potassium: 1171.69mg (33.48%), Fiber: 6.19g (24.75%), Copper: 0.45mg (22.3%), Vitamin B3: 4.43mg (22.17%), Manganese: 0.44mg (21.76%), Phosphorus: 196.51mg (19.65%), Vitamin B2: 0.33mg (19.28%), Vitamin B1: 0.25mg (16.63%), Vitamin B5: 1.59mg (15.89%), Magnesium: 61.38mg (15.34%), Folate: 49.37µg (12.34%), Iron: 2.09mg (11.63%), Selenium: 6.55µg (9.35%), Vitamin A: 360.42IU (7.21%), Zinc: 1.05mg (7.01%), Vitamin K: 5.25µg (5%), Calcium: 47.13mg (4.71%), Vitamin E: 0.37mg (2.47%)