



Campfire Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



394 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons kosher salt
- ☐ 0.5 teaspoon rosemary leaves fresh finely chopped
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 4 large garlic clove unpeeled smashed
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 16 medium yukon gold potatoes halved (2 inches in diameter)

Equipment

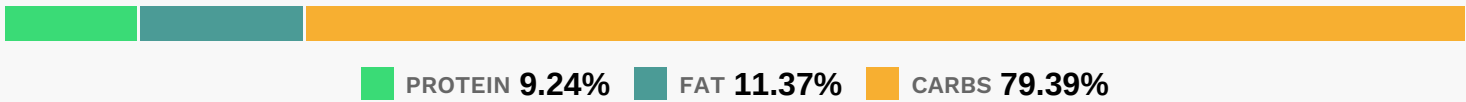
- ☐ sauce pan

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Place potatoes in medium saucepan.
- ☐ Add enough cold water to cover by 1 inch.
- ☐ Sprinkle with 3 tablespoons coarse salt. Bring to boil, then reduce to simmer. Cook potatoes until tender, about 10 minutes.
- ☐ Drain. Return to saucepan.
- ☐ Add remaining ingredients to potatoes; toss to coat. Cool.
- ☐ Arrange four 12-inch squares aluminum foil on work surface. Divide potato mixture among foil squares and place 1 garlic clove atop potatoes on each square. Crimp to seal. Store packets at room temperature up to 2 hours or in refrigerator up to 2 days.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Place potato packets on grill and cook until heated through and sizzling, turning occasionally, about 15 minutes.
- ☐ Transfer packets to serving plate and pierce foil with grill fork to release steam. Open packets carefully (hot steam will be released).

Nutrition Facts



Properties

Glycemic Index:26.46, Glycemic Load:58.18, Inflammation Score:-8, Nutrition Score:22.654782544012%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 3.63mg, Kaempferol: 3.63mg, Kaempferol: 3.63mg, Kaempferol: 3.63mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

Nutrients (% of daily need)

Calories: 393.65kcal (19.68%), Fat: 5.09g (7.83%), Saturated Fat: 0.77g (4.78%), Carbohydrates: 79.94g (26.65%),
Net Carbohydrates: 69.88g (25.41%), Sugar: 3.56g (3.95%), Cholesterol: 0mg (0%), Sodium: 3515.89mg (152.86%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.3g (18.61%), Vitamin C: 90.47mg (109.66%), Vitamin B6:
1.36mg (68.17%), Potassium: 1919.41mg (54.84%), Fiber: 10.06g (40.25%), Manganese: 0.74mg (37.09%),
Magnesium: 105.4mg (26.35%), Phosphorus: 261.82mg (26.18%), Copper: 0.5mg (25.01%), Vitamin B1: 0.37mg
(24.46%), Vitamin B3: 4.8mg (23.99%), Iron: 3.68mg (20.47%), Folate: 72.75µg (18.19%), Vitamin B5: 1.36mg
(13.55%), Vitamin K: 11.46µg (10.91%), Zinc: 1.35mg (9.02%), Vitamin B2: 0.15mg (8.76%), Calcium: 61.6mg (6.16%),
Vitamin E: 0.72mg (4.79%), Selenium: 1.65µg (2.36%)