

Campfire Potatoes

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



273 kcal

SIDE DISH

Ingredients

- 6 tablespoons butter cut into pieces
- 0.3 cup chicken broth
- 2 tablespoons parsley fresh minced
- 1 onion sliced
- 5 potatoes thinly sliced
- 6 servings salt and pepper to taste
- 0.3 cup cheddar cheese shredded
- 1 tablespoon worcestershire sauce

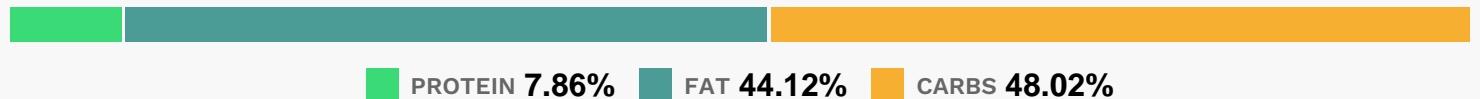
Equipment

- bowl
- grill
- aluminum foil

Directions

- Preheat an outdoor grill for high heat.
- On a piece of heavy foil approximately 20x20 inches, place the potatoes and onion. Dot with butter.
- In a medium bowl, mix Cheddar cheese, parsley, Worcestershire sauce, salt and pepper.
- Sprinkle the mixture over the potatoes.
- Fold edges of foil. Cover potatoes with chicken broth.
- Seal foil tightly and place on the prepared grill. Cook 35 to 40 minutes, or until potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:36.63, Glycemic Load:23.14, Inflammation Score:-6, Nutrition Score:11.926521819571%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg

Nutrients (% of daily need)

Calories: 273.45kcal (13.67%), Fat: 13.7g (21.08%), Saturated Fat: 8.46g (52.87%), Carbohydrates: 33.57g (11.19%), Net Carbohydrates: 29.31g (10.66%), Sugar: 2.54g (2.82%), Cholesterol: 36.64mg (12.21%), Sodium: 422.27mg (18.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.98%), Vitamin C: 38.47mg (46.63%), Vitamin B6: 0.55mg (27.58%), Vitamin K: 26.47µg (25.21%), Potassium: 814.68mg (23.28%), Fiber: 4.26g (17.04%),

Manganese: 0.3mg (15.22%), Phosphorus: 141.6mg (14.16%), Magnesium: 45.8mg (11.45%), Vitamin A: 531.5IU (10.63%), Vitamin B1: 0.16mg (10.59%), Copper: 0.21mg (10.53%), Vitamin B3: 1.97mg (9.84%), Iron: 1.68mg (9.33%), Folate: 35.88µg (8.97%), Calcium: 78.77mg (7.88%), Vitamin B2: 0.11mg (6.29%), Vitamin B5: 0.6mg (5.96%), Zinc: 0.82mg (5.45%), Selenium: 2.61µg (3.73%), Vitamin E: 0.41mg (2.74%), Vitamin B12: 0.09µg (1.55%)