

# Campfire Roasted Potatoes

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



219 kcal

SIDE DISH

## Ingredients

- 0.3 cup butter softened
- 1 clove garlic minced
- 0.8 teaspoon pepper black
- 1 medium onion sliced
- 0.8 teaspoon oregano dried
- 5 large potatoes – remove skin red cubed
- 8 servings salt to taste

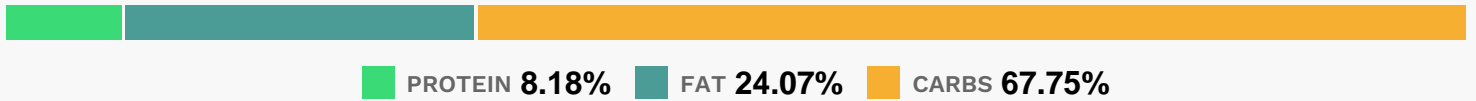
## Equipment

- bowl
- baking sheet
- oven
- wire rack
- aluminum foil

## Directions

- Toss together the potato, onion, garlic, butter, pepper, oregano, salt, and Parmesan cheese in a large bowl, or a resealable bag.
- Remove from bag, and wrap in several layers of aluminum foil, sealing the edges well.
- Cook on a wire rack over the hot coals of a fire, flipping over midway through cooking, until the potatoes are tender; about 30 to 40 minutes. Alternatively, the potato packet may be baked on a cookie sheet in a 350 degrees F (175 degrees C) oven.

## Nutrition Facts



## Properties

Glycemic Index:11.75, Glycemic Load:0.34, Inflammation Score:-6, Nutrition Score:10.531304312465%

## Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

## Nutrients (% of daily need)

Calories: 219.47kcal (10.97%), Fat: 6.06g (9.33%), Saturated Fat: 1.28g (7.98%), Carbohydrates: 38.39g (12.8%), Net Carbohydrates: 34.1g (12.4%), Sugar: 3.57g (3.97%), Cholesterol: 0mg (0%), Sodium: 302.89mg (13.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.27%), Potassium: 1078.8mg (30.82%), Vitamin C: 20.99mg (25.44%), Vitamin B6: 0.42mg (20.82%), Manganese: 0.38mg (19.15%), Fiber: 4.29g (17.16%), Copper: 0.32mg (15.97%), Phosphorus: 147.45mg (14.74%), Vitamin B3: 2.68mg (13.4%), Magnesium: 53.25mg (13.31%), Vitamin B1: 0.2mg (13.01%), Folate: 44.68µg (11.17%), Iron: 1.81mg (10.04%), Vitamin K: 8.22µg (7.83%), Vitamin B5: 0.67mg (6.73%), Vitamin A: 274.41IU (5.49%), Zinc: 0.8mg (5.31%), Vitamin B2: 0.08mg (4.68%), Calcium: 32.98mg (3.3%), Vitamin E: 0.28mg (1.88%), Selenium: 1.29µg (1.85%)