



Cheesy Grilled Potatoes



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



356 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 2 oz cheddar cheese shredded
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 medium baking potatoes
- ☐ 1 tablespoon butter melted
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 0.5 teaspoon highest available proof grain spirit

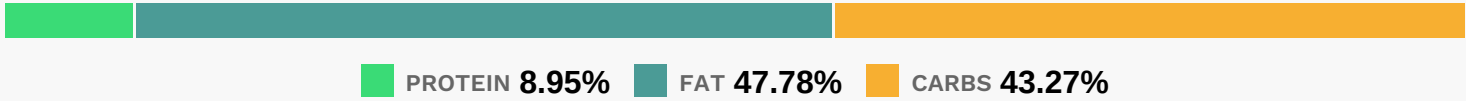
Equipment

- ☐ bowl
- ☐ grill
- ☐ microwave

Directions

- ☐ Heat gas or charcoal grill. In small bowl, mix cheesy butter ingredients until blended. Refrigerate until serving time.
- ☐ Pierce potatoes to allow steam to escape.
- ☐ Brush outside of potatoes with melted butter; sprinkle with seasoned salt.
- ☐ Place potatoes on microwavable plate or in shallow microwavable dish. Microwave on High 6 to 8 minutes, turning once, until fork-tender.
- ☐ Place potatoes on grill over medium heat. Cover grill; cook 8 to 12 minutes, turning occasionally, until crisp and browned.
- ☐ Cut large X in top of each baked potato; press sides slightly to fluff. Top each with cheesy butter; sprinkle with garlic-pepper blend.

Nutrition Facts



Properties

Glycemic Index:74.94, Glycemic Load:30.63, Inflammation Score:-6, Nutrition Score:13.135652347751%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 355.84kcal (17.79%), Fat: 19.36g (29.78%), Saturated Fat: 11.87g (74.2%), Carbohydrates: 39.43g (13.14%), Net Carbohydrates: 36.56g (13.29%), Sugar: 1.41g (1.57%), Cholesterol: 52.2mg (17.4%), Sodium: 508.93mg (22.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.16g (16.32%), Vitamin B6: 0.75mg (37.47%), Vitamin K: 38.22µg (36.4%), Potassium: 917.14mg (26.2%), Phosphorus: 190.14mg (19.01%), Vitamin C: 14.8mg (17.94%), Manganese: 0.35mg (17.4%), Vitamin A: 754.77IU (15.1%), Magnesium: 55.27mg (13.82%), Calcium: 135.22mg (13.52%), Vitamin B1:

0.18mg (12.14%), Copper: 0.23mg (11.53%), Fiber: 2.87g (11.49%), Vitamin B3: 2.29mg (11.44%), Iron: 2mg (11.09%), Folate: 36.95µg (9.24%), Vitamin B2: 0.14mg (8.38%), Zinc: 1.21mg (8.08%), Vitamin B5: 0.73mg (7.34%), Selenium: 5.06µg (7.23%), Vitamin E: 0.56mg (3.72%), Vitamin B12: 0.18µg (3.01%)