



Chipotle Baby Potatoes

 Vegetarian  Gluten Free  Low Fod Map

READY IN



25 min.

SERVINGS



6

CALORIES



217 kcal

SIDE DISH

Ingredients

- 2 pounds baby potatoes red cut into 1/2-inch-thick slices
- 6 servings pepper black freshly ground
- 0.5 teaspoon chipotle powder
- 1 teaspoon cilantro leaves fresh chopped
- 0.5 cup olive oil
- 6 servings salt
- 0.3 cup butter unsalted melted ()

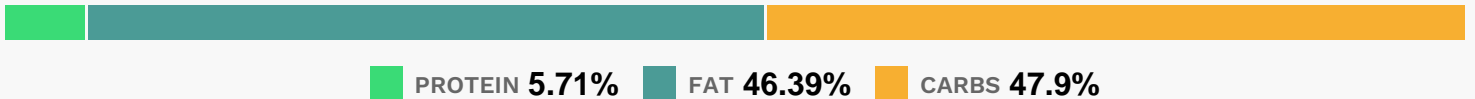
Equipment

- bowl
- pot
- grill

Directions

- Watch how to make this recipe.
- Prepare an indoor grill for direct heat cooking over medium high heat.
- Cook the potatoes in a large pot of well-salted boiling water for 10 minutes (the potatoes will not be cooked through).
- Mix the butter with the olive oil, cilantro, chipotle powder and 1/4 teaspoon salt in a bowl.
- Drain the potatoes and toss with the chipotle oil mixture.
- Transfer the potatoes to the grill. Grill the potatoes, covered, turning once or twice until tender, about 5 minutes total. Return the potatoes to the bowl and toss again with the chipotle oil mixture. Season with the 1 tablespoon salt and pepper.
- Serve warm.
- Cook's Note: If you are using an outdoor grill, try use larger-size potatoes so they don't fall through the grill grate.

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:19.35, Inflammation Score:-4, Nutrition Score:8.2839130953602%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 216.79kcal (10.84%), Fat: 11.43g (17.59%), Saturated Fat: 5.4g (33.75%), Carbohydrates: 26.57g (8.86%), Net Carbohydrates: 23.16g (8.42%), Sugar: 1.2g (1.33%), Cholesterol: 20.34mg (6.78%), Sodium: 206.74mg (8.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.34%), Vitamin C: 29.79mg (36.11%), Vitamin B6: 0.45mg (22.51%), Potassium: 643.55mg (18.39%), Fiber: 3.41g (13.64%), Manganese: 0.25mg (12.39%), Phosphorus: 89.12mg

(8.91%), Magnesium: 35.39mg (8.85%), Copper: 0.17mg (8.4%), Vitamin B1: 0.12mg (8.13%), Vitamin B3: 1.62mg (8.09%), Iron: 1.24mg (6.9%), Folate: 24.55µg (6.14%), Vitamin A: 290.48IU (5.81%), Vitamin K: 6.09µg (5.8%), Vitamin E: 0.82mg (5.45%), Vitamin B5: 0.46mg (4.61%), Vitamin B2: 0.05mg (3.14%), Zinc: 0.46mg (3.04%), Calcium: 21.57mg (2.16%)