



## Dijon Grilled Potato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



107 kcal

SIDE DISH

### Ingredients

- 0.3 cup grey poupon dijon mustard
- 2 Tbsp parsley fresh chopped
- 0.5 cup olive oil
- 1 onion cut into 1-inch chunks
- 0.1 tsp pepper
- 1.8 lb potatoes red cut into 1-inch chunks
- 0.3 cup heinz red wine vinegar

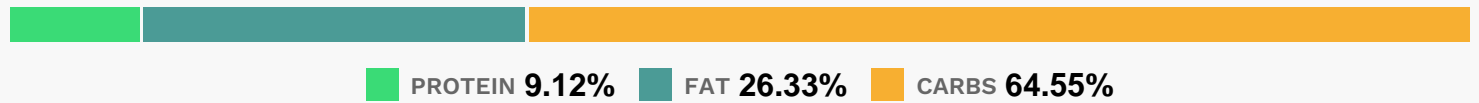
### Equipment

- whisk
- grill
- aluminum foil

## Directions

- Heat grill to medium heat.
- Beat first 4 ingredients with whisk until blended. Reserve 1/4 cup mustard mixture for later use.
- Toss potatoes and onions with remaining mustard mixture until evenly coated. Spoon onto center of large sheet heavy-duty foil sprayed with cooking spray; fold to make packet.
- Grill 30 to 35 min. or until potatoes are tender, turning packet over every 10 min. Open packet.
- Pour reserved mustard mixture over potato mixture; mix lightly.
- Sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:15.38, Glycemic Load:0.33, Inflammation Score:-3, Nutrition Score:6.3178260378216%

## Flavonoids

Apigenin: 2.06mg, Apigenin: 2.06mg, Apigenin: 2.06mg, Apigenin: 2.06mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg

## Nutrients (% of daily need)

Calories: 107.47kcal (5.37%), Fat: 3.21g (4.94%), Saturated Fat: 0.44g (2.76%), Carbohydrates: 17.72g (5.91%), Net Carbohydrates: 15.31g (5.57%), Sugar: 2.02g (2.24%), Cholesterol: 0mg (0%), Sodium: 133.92mg (5.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5.01%), Vitamin K: 20.34µg (19.38%), Potassium: 496.69mg (14.19%), Vitamin C: 10.91mg (13.22%), Manganese: 0.21mg (10.55%), Vitamin B6: 0.19mg (9.66%), Fiber: 2.41g (9.62%), Phosphorus: 77.12mg (7.71%), Copper: 0.15mg (7.44%), Magnesium: 29.11mg (7.28%), Vitamin B1: 0.11mg (7.14%), Vitamin B3: 1.23mg (6.14%), Selenium: 4.09µg (5.85%), Iron: 1.04mg (5.78%), Folate: 22.65µg (5.66%),

Vitamin B5: 0.33mg (3.29%), Vitamin E: 0.45mg (2.97%), Zinc: 0.43mg (2.87%), Vitamin B2: 0.04mg (2.49%), Calcium: 21.69mg (2.17%), Vitamin A: 94.79IU (1.9%)