



Easy Grilled Baked Potatoes



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



252 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 2 oz cheddar cheese shredded
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 teaspoon garlic
- ☐ 4 medium baking potatoes
- ☐ 0.5 teaspoon lawry's seasoned salt

Equipment

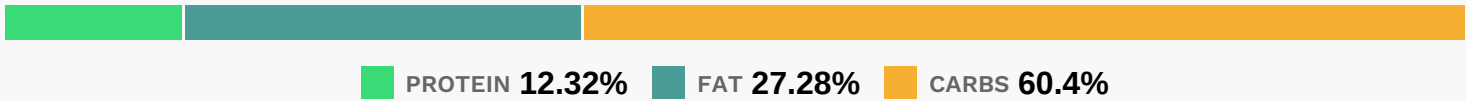
- ☐ bowl

- ☐ 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:55.94, Glycemic Load:30.42, Inflammation Score:-5, Nutrition Score:12.541739134685%

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: 252.48kcal (12.62%), Fat: 7.85g (12.07%), Saturated Fat: 4.58g (28.62%), Carbohydrates: 39.09g (13.03%), Net Carbohydrates: 36.24g (13.18%), Sugar: 1.39g (1.54%), Cholesterol: 21.7mg (7.23%), Sodium: 417.73mg (18.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.97g (15.95%), Vitamin B6: 0.75mg (37.56%), Vitamin K: 37.23µg (35.45%), Potassium: 912.61mg (26.07%), Phosphorus: 184.64mg (18.46%), Vitamin C: 14.92mg (18.08%), Manganese: 0.35mg (17.3%), Magnesium: 53.99mg (13.5%), Calcium: 132.36mg (13.24%), Vitamin B1: 0.18mg (12.09%), Copper: 0.23mg (11.42%), Fiber: 2.84g (11.37%), Vitamin B3: 2.24mg (11.21%), Iron: 1.99mg (11.04%), Folate: 35.95µg (8.99%), Vitamin B2: 0.14mg (8.02%), Vitamin A: 400.14IU (8%), Zinc: 1.17mg (7.78%), Vitamin B5: 0.71mg

(7.14%), Selenium: 4.95µg (7.08%), Vitamin B12: 0.16µg (2.6%), Vitamin E: 0.22mg (1.49%)