



Easy Potato Skewers

 Gluten Free

READY IN



105 min.

SERVINGS



45

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 tsp pepper black
- 2 Tbsp grey poupon dijon mustard
- 0.8 cup real mayo mayonnaise kraft
- 2 Tbsp parmesan cheese grated kraft
- 2 lb potatoes red (8)
- 0.3 cup water

Equipment

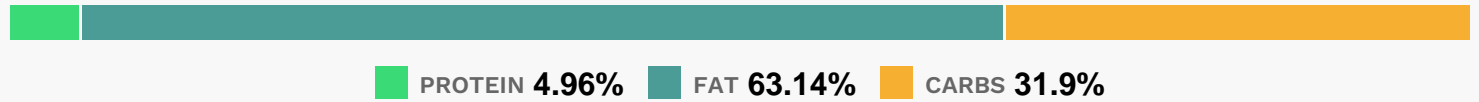
- bowl

- grill
- microwave
- metal skewers

Directions

- Prick potatoes with fork; place in 3-qt. microwaveable casserole.
- Add water; cover with lid. Microwave on HIGH 10 to 12 min. or until potatoes are almost tender.
- Drain; rinse with cold water. Cool.
- Cut potatoes into quarters.
- Mix mayo, mustard and pepper in large bowl.
- Add potatoes; toss to coat. Refrigerate 1 hour.
- Heat greased grill to medium heat. Thread potatoes onto 8 small metal skewers; brush with mayo mixture remaining in bowl. Grill 8 to 10 min. or until potatoes are tender and golden brown, turning after 5 min.
- Transfer to platter; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:2.53, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.2486956581149%

Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 40.9kcal (2.04%), Fat: 2.91g (4.47%), Saturated Fat: 0.48g (3%), Carbohydrates: 3.3g (1.1%), Net Carbohydrates: 2.93g (1.06%), Sugar: 0.29g (0.32%), Cholesterol: 1.76mg (0.59%), Sodium: 38.63mg (1.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.03%), Vitamin K: 6.72µg (6.4%), Potassium: 94.18mg (2.69%), Vitamin C: 1.74mg (2.1%), Vitamin B6: 0.04mg (1.76%), Manganese: 0.03mg (1.72%), Phosphorus: 15.25mg (1.52%), Fiber: 0.38g (1.51%), Copper: 0.03mg (1.44%), Magnesium: 4.92mg (1.23%), Vitamin B1: 0.02mg (1.2%), Vitamin B3: 0.24mg (1.18%)