



Grilled Rosemary-Onion Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



236 kcal

SIDE DISH

Ingredients

- 6 medium baking potatoes cut into 3/4-inch pieces (2 pounds)
- 0.5 cup onion finely chopped
- 3 tablespoons vegetable oil
- 3 tablespoons rosemary leaves dried fresh chopped
- 1.5 teaspoons thyme sprigs dried fresh chopped
- 0.5 teaspoon salt
- 0.1 teaspoon pepper

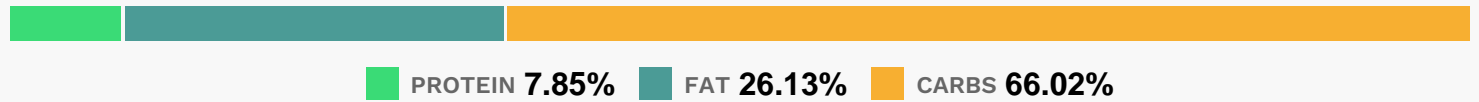
Equipment

- bowl
- sauce pan
- grill
- aluminum foil

Directions

- Heat 1 inch water (salted if desired) to boiling in saucepan.
- Add potatoes to boiling water. Cook 5 to 10 minutes or until potatoes are crisp-tender; drain.
- Heat grill to medium heat.
- Mix onion, oil, rosemary, thyme, salt and pepper in large bowl.
- Add potatoes; toss to coat. Wrap potato mixture in large sheet of heavy-duty aluminum foil.
- Cover and grill 4 to 5 inches from heat about 10 minutes or until potatoes are tender when pierced with a fork.

Nutrition Facts



Properties

Glycemic Index:31.46, Glycemic Load:30.58, Inflammation Score:-7, Nutrition Score:10.167391227639%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 235.63kcal (11.78%), Fat: 7.05g (10.85%), Saturated Fat: 1.13g (7.06%), Carbohydrates: 40.09g (13.36%), Net Carbohydrates: 36.87g (13.41%), Sugar: 1.89g (2.1%), Cholesterol: 0mg (0%), Sodium: 205.29mg (8.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.54%), Vitamin B6: 0.76mg (37.8%), Potassium: 918mg (26.23%), Manganese: 0.38mg (18.78%), Vitamin C: 14.15mg (17.15%), Vitamin K: 16.46µg (15.68%), Magnesium: 52.11mg (13.03%), Fiber: 3.22g (12.87%), Phosphorus: 122.27mg (12.23%), Vitamin B1: 0.18mg (12.1%), Copper: 0.23mg (11.55%), Iron: 2.02mg (11.23%), Vitamin B3: 2.24mg (11.19%), Folate: 33.68µg (8.42%), Vitamin B5: 0.67mg (6.68%),

Vitamin B2: 0.08mg (4.58%), Zinc: 0.66mg (4.4%), Vitamin E: 0.58mg (3.87%), Calcium: 36.26mg (3.63%),
Selenium: 0.92µg (1.32%), Vitamin A: 55.62IU (1.11%)