



Foil Wrapped Veggies

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



193 kcal

SIDE DISH

Ingredients

- 0.5 pound green beans fresh cut into 1 inch pieces
- 1 sprig rosemary leaves fresh
- 1 sprig thyme sprigs fresh
- 2.5 pounds baby potatoes thinly sliced
- 0.3 cup olive oil
- 10 servings salt and pepper to taste
- 1 large sweet potatoes and into thinly sliced
- 2 onion sliced

Equipment

- bowl
- grill
- aluminum foil

Directions

- Preheat grill for high heat.
- In a large bowl, combine the new potatoes, sweet potato, Vidalia onions, green beans, rosemary, and thyme. Stir in 2 tablespoons olive oil, salt, and pepper to coat.
- Using 2 to 3 layers of foil, create desired number of foil packets.
- Brush inside surfaces of packets liberally with remaining olive oil. Distribute vegetable mixture evenly among the packets. Seal tightly.
- Place packets on the preheated grill. Cook 30 minutes, turning once, or until potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:23.27, Glycemic Load:18.33, Inflammation Score:-10, Nutrition Score:14.609565382418%

Flavonoids

Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 11.03mg, Quercetin: 11.03mg, Quercetin: 11.03mg, Quercetin: 11.03mg

Nutrients (% of daily need)

Calories: 192.62kcal (9.63%), Fat: 5.62g (8.65%), Saturated Fat: 0.79g (4.96%), Carbohydrates: 33.26g (11.09%), Net Carbohydrates: 28.52g (10.37%), Sugar: 6.37g (7.08%), Cholesterol: 0mg (0%), Sodium: 226.07mg (9.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.55%), Vitamin A: 4988.04IU (99.76%), Vitamin C: 29.26mg (35.47%), Vitamin B6: 0.52mg (26.2%), Potassium: 719.39mg (20.55%), Fiber: 4.74g (18.95%), Manganese:

0.36mg (18.14%), Vitamin K: 15.97µg (15.21%), Magnesium: 46.38mg (11.6%), Copper: 0.23mg (11.36%), Folate: 44.65µg (11.16%), Vitamin B1: 0.16mg (10.87%), Phosphorus: 107.22mg (10.72%), Iron: 1.55mg (8.6%), Vitamin B3: 1.64mg (8.21%), Vitamin B5: 0.72mg (7.24%), Vitamin E: 0.98mg (6.56%), Vitamin B2: 0.09mg (5.55%), Calcium: 46.05mg (4.6%), Zinc: 0.57mg (3.82%), Selenium: 1.01µg (1.45%)