



HEALTH SCORE

57%

Garlic and Cumin New Potatoes



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



410 kcal

SIDE DISH

Ingredients

- ☐ 12 small potatoes – remove skin red unpeeled cut into fourths
- ☐ 2 tablespoons butter melted
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon paprika
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 0.3 cup cilantro leaves fresh chopped

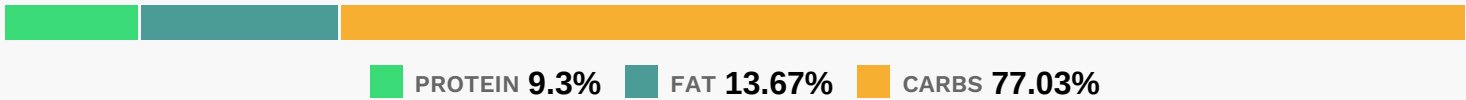
Equipment

- ☐ bowl
- ☐ grill
- ☐ wok

Directions

- ☐ Heat coals or gas grill for direct heat.
- ☐ Place potatoes in large bowl.
- ☐ Add remaining ingredients except cilantro; toss to coat.
- ☐ Place in grill basket (grill “wok”).
- ☐ Cover and grill potatoes over medium heat 10 to 15 minutes, shaking basket or stirring potatoes frequently, until tender.
- ☐ Sprinkle potatoes with cilantro; toss to coat.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.03, Inflammation Score:-7, Nutrition Score:22.145652102064%

Flavonoids

Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 410.44kcal (20.52%), Fat: 6.44g (9.92%), Saturated Fat: 1.36g (8.49%), Carbohydrates: 81.71g (27.24%), Net Carbohydrates: 72.86g (26.5%), Sugar: 6.63g (7.36%), Cholesterol: 0mg (0%), Sodium: 449.77mg (19.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.87g (19.73%), Potassium: 2343.35mg (66.95%), Vitamin C: 44.17mg (53.54%), Vitamin B6: 0.88mg (44.09%), Manganese: 0.74mg (37%), Fiber: 8.85g (35.38%), Copper: 0.69mg (34.59%), Phosphorus: 316.77mg (31.68%), Vitamin B3: 5.91mg (29.56%), Magnesium: 114.33mg (28.58%), Vitamin B1: 0.42mg (27.9%), Folate: 92.81µg (23.2%), Iron: 3.98mg (22.13%), Vitamin K: 18.11µg (17.24%), Vitamin B5: 1.44mg (14.44%), Zinc: 1.72mg (11.49%), Vitamin B2: 0.17mg (9.81%), Vitamin A: 479.88IU (9.6%), Calcium: 57.15mg (5.71%), Selenium: 2.68µg (3.83%), Vitamin E: 0.38mg (2.51%)