



Grilled Baked Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



241 kcal

SIDE DISH

Ingredients

- 4 large baking potatoes quartered
- 2 teaspoons pepper black freshly ground
- 2 teaspoons rosemary dried
- 2 teaspoons garlic powder
- 2 tablespoons olive oil
- 6 servings salt to taste

Equipment

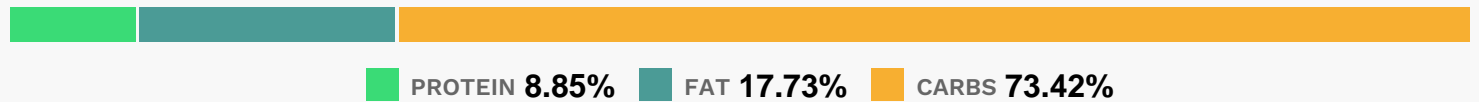
- pot

grill

Directions

- Place the potatoes into a large pot with water to cover. Bring to a boil and cook over medium-high heat for about 10 minutes, or until tender.
- Preheat the grill to medium-high heat.
- Drain potatoes and toss with olive oil, black pepper, rosemary and salt to taste.
- Place the potatoes skin-side down over indirect heat on the grill and reserve liquid. Grill for about 15 minutes.
- Remove potatoes to a serving plate and sprinkle with the reserved olive oil mixture.

Nutrition Facts



Properties

Glycemic Index:31.96, Glycemic Load:35.08, Inflammation Score:-3, Nutrition Score:11.053043568264%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 240.69kcal (12.03%), Fat: 4.9g (7.53%), Saturated Fat: 0.72g (4.51%), Carbohydrates: 45.63g (15.21%), Net Carbohydrates: 42.16g (15.33%), Sugar: 1.55g (1.73%), Cholesterol: 0mg (0%), Sodium: 206.93mg (9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.5g (11%), Vitamin B6: 0.87mg (43.39%), Potassium: 1047.02mg (29.91%), Manganese: 0.48mg (24.11%), Vitamin C: 14.05mg (17.04%), Magnesium: 58.57mg (14.64%), Phosphorus: 140.52mg (14.05%), Fiber: 3.47g (13.88%), Vitamin B1: 0.21mg (13.8%), Copper: 0.27mg (13.4%), Vitamin B3: 2.56mg (12.81%), Iron: 2.27mg (12.64%), Folate: 35.13µg (8.78%), Vitamin K: 8.33µg (7.94%), Vitamin B5: 0.76mg (7.57%), Zinc: 0.75mg (5.02%), Vitamin B2: 0.08mg (4.94%), Vitamin E: 0.71mg (4.73%), Calcium: 36.32mg (3.63%), Selenium: 1.26µg (1.8%)