



Grilled B ernaise Corn and Potato Packs



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



256 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 2 tablespoons dijon mustard
- ☐ 2 ears corn cut in half
- ☐ 2 tablespoons chives fresh chopped
- ☐ 0.5 teaspoon garlic
- ☐ 20 ounces potatoes diced refrigerated with onions
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon tarragon dried

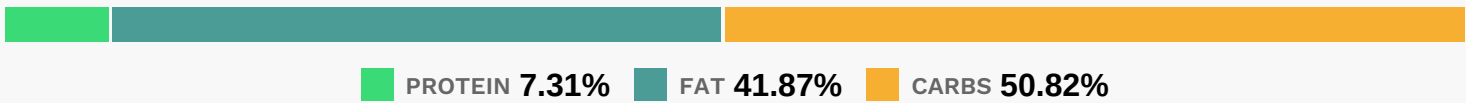
Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat coals or gas grill for direct heat.
- ☐ Cut four 18x10-inch pieces of heavy-duty aluminum foil. Spray with cooking spray.
- ☐ Place potatoes and 1 piece corn on each foil piece.
- ☐ Mix remaining ingredients except chives in small bowl; drizzle over potatoes and corn. Turn corn to coat and gently stir potatoes.
- ☐ Fold foil over potatoes and corn so edges meet. Seal edges, making tight 1/2-inch fold; fold again. Allow space on sides for circulation and expansion.
- ☐ Cover and grill packets 4 to 6 inches from medium heat 25 to 35 minutes or until potatoes and corn are tender.
- ☐ Place packets on plates.
- ☐ Cut large X across top of each packet; unfold foil.
- ☐ Sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:65.19, Glycemic Load:18.24, Inflammation Score:-7, Nutrition Score:10.78217396464%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 255.81kcal (12.79%), Fat: 12.43g (19.13%), Saturated Fat: 2.58g (16.1%), Carbohydrates: 33.96g (11.32%), Net Carbohydrates: 29.56g (10.75%), Sugar: 4.06g (4.51%), Cholesterol: 0mg (0%), Sodium: 522.41mg (22.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.88g (9.77%), Vitamin C: 32.09mg (38.9%), Vitamin B6: 0.48mg (23.81%), Potassium: 745.24mg (21.29%), Fiber: 4.4g (17.58%), Manganese: 0.34mg (17.2%), Magnesium: 54.44mg (13.61%), Vitamin A: 670.38IU (13.41%), Phosphorus: 134.04mg (13.4%), Vitamin B1: 0.2mg (13.4%), Vitamin B3: 2.36mg (11.8%), Folate: 44.18µg (11.04%), Copper: 0.19mg (9.37%), Iron: 1.53mg (8.51%), Vitamin B5: 0.78mg (7.84%), Vitamin K: 6.14µg (5.85%), Vitamin B2: 0.08mg (4.95%), Selenium: 3.32µg (4.74%), Zinc: 0.68mg (4.56%), Vitamin E: 0.52mg (3.43%), Calcium: 30.55mg (3.06%)