



Grilled Buffalo Potato Wedges

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



306 kcal

SIDE DISH

Ingredients

- 0.3 cup butter melted
- 1 teaspoon apple cider vinegar white
- 3 teaspoons hot sauce red
- 0.5 teaspoon salt
- 1.3 lb potatoes unpeeled
- 1 cup cheese dressing blue

Equipment

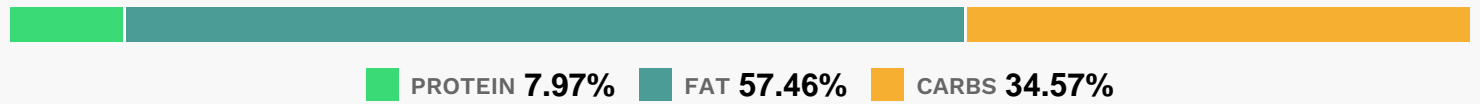
- paper towels

grill

Directions

- Heat gas or charcoal grill. In shallow dish, mix butter, vinegar, pepper sauce and salt.
- Cut each potato lengthwise into 4 wedges; pat dry with paper towels. Dip potato wedges into butter mixture; reserve any remaining butter mixture.
- Place potatoes on grill rack over medium heat. Cover grill; cook 25 to 35 minutes, brushing occasionally with butter mixture and turning once or twice, until tender.
- Serve with dressing.

Nutrition Facts



Properties

Glycemic Index:30.94, Glycemic Load:18.13, Inflammation Score:-6, Nutrition Score:9.2747826576233%

Flavonoids

Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 306.39kcal (15.32%), Fat: 19.78g (30.43%), Saturated Fat: 4.78g (29.86%), Carbohydrates: 26.77g (8.92%), Net Carbohydrates: 23.65g (8.6%), Sugar: 2.88g (3.2%), Cholesterol: 0.61mg (0.2%), Sodium: 1132.06mg (49.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.17g (12.35%), Vitamin C: 30.39mg (36.84%), Vitamin B6: 0.44mg (21.84%), Potassium: 613.06mg (17.52%), Vitamin A: 686.18IU (13.72%), Phosphorus: 136.41mg (13.64%), Fiber: 3.13g (12.51%), Manganese: 0.22mg (11.11%), Magnesium: 37.68mg (9.42%), Vitamin B1: 0.13mg (8.57%), Copper: 0.16mg (8.02%), Iron: 1.43mg (7.95%), Calcium: 77.7mg (7.77%), Vitamin B3: 1.54mg (7.68%), Vitamin B2: 0.12mg (6.83%), Folate: 24.89µg (6.22%), Vitamin K: 6.07µg (5.78%), Vitamin E: 0.76mg (5.05%), Vitamin B5: 0.44mg (4.39%), Zinc: 0.57mg (3.79%), Vitamin B12: 0.16µg (2.66%), Selenium: 1.41µg (2.01%)