



## Grilled Cheesy Garlic Potato Packs

 Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



108 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon vegetable oil
- 8 oz yukon gold potatoes cut into 1/2-inch pieces
- 2 teaspoons chives fresh chopped
- 0.5 teaspoon garlic salt
- 1 tablespoon parmesan cheese grated

### Equipment

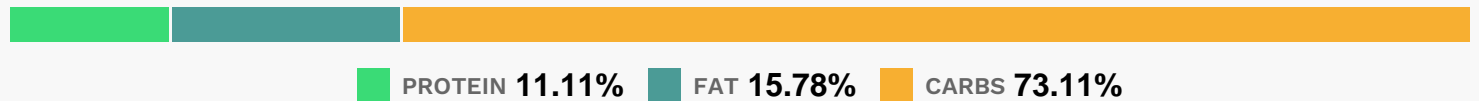
- bowl
- grill

aluminum foil

## Directions

- Heat gas or charcoal grill.
- Cut one 14x12-inch piece of heavy-duty foil. Spray one side generously with cooking spray.
- In small bowl, pour oil over potato pieces; toss to coat.
- Add chives and garlic salt; toss to coat.
- Sprinkle with cheese; toss to coat.
- Place potatoes on center of sprayed side of foil piece. Fold foil over potatoes so edges meet. Seal edges, making tight 1/2-inch fold; fold again. Allow space on sides for circulation and expansion.
- Cover and grill packet over medium-low heat 15 to 20 minutes, turning once, until potatoes are golden brown and tender.

## Nutrition Facts



## Properties

Glycemic Index:64.38, Glycemic Load:14.51, Inflammation Score:-3, Nutrition Score:6.2799999953612%

## Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

## Nutrients (% of daily need)

Calories: 108.09kcal (5.4%), Fat: 1.93g (2.98%), Saturated Fat: 0.59g (3.69%), Carbohydrates: 20.16g (6.72%), Net Carbohydrates: 17.64g (6.42%), Sugar: 0.9g (1.01%), Cholesterol: 2.17mg (0.73%), Sodium: 631.95mg (27.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.13%), Vitamin C: 22.92mg (27.78%), Vitamin B6: 0.34mg (16.9%), Potassium: 485.09mg (13.86%), Fiber: 2.52g (10.08%), Manganese: 0.18mg (9.04%), Phosphorus: 81.07mg (8.11%), Magnesium: 27.39mg (6.85%), Copper: 0.13mg (6.27%), Vitamin B1: 0.09mg (6.14%), Vitamin K: 6.4µg (6.09%), Vitamin B3: 1.2mg (6.02%), Iron: 0.92mg (5.09%), Folate: 19.34µg (4.84%), Calcium: 36.99mg (3.7%), Vitamin B5: 0.35mg (3.47%), Zinc: 0.44mg (2.96%), Vitamin B2: 0.05mg (2.71%), Selenium: 1.23µg (1.75%), Vitamin A: 67.42IU (1.35%)