



Grilled Cheesy Potato Packet



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



186 kcal

SIDE DISH

Ingredients

- ☐ 4 cups potatoes frozen with onions and peppers (from 24-oz bag)
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 3 oz cheddar cheese shredded
- ☐ 1 tablespoon vegetable oil

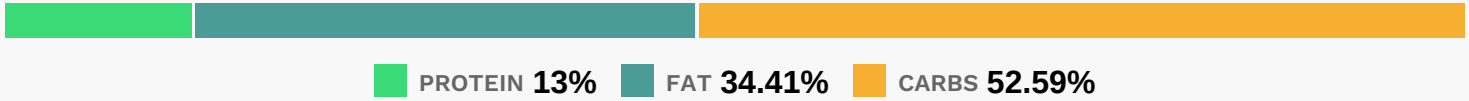
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat gas or charcoal grill. Spray 1 (18x13-inch) sheet of heavy-duty foil with cooking spray.
- ☐ Place potatoes on center of foil.
- ☐ Drizzle with oil; sprinkle with seasoned salt.
- ☐ Bring up 2 sides of foil over potatoes so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.
- ☐ Place packet on grill over medium heat. Cover grill; cook 30 minutes, turning once. Carefully open packet; sprinkle cheese over potatoes. Cover loosely; let stand 4 to 5 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:18.46, Glycemic Load:18, Inflammation Score:-4, Nutrition Score:8.8660869313323%

Flavonoids

Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 185.67kcal (9.28%), Fat: 7.21g (11.1%), Saturated Fat: 3.1g (19.4%), Carbohydrates: 24.8g (8.27%), Net Carbohydrates: 21.72g (7.9%), Sugar: 1.14g (1.27%), Cholesterol: 14.17mg (4.72%), Sodium: 294.89mg (12.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.26%), Vitamin C: 27.58mg (33.43%), Vitamin B6: 0.42mg (21.14%), Potassium: 600.35mg (17.15%), Phosphorus: 144.72mg (14.47%), Fiber: 3.08g (12.32%), Calcium: 117.14mg (11.71%), Manganese: 0.22mg (10.81%), Magnesium: 36.03mg (9.01%), Copper: 0.16mg (7.8%), Vitamin B1: 0.12mg (7.74%), Vitamin B3: 1.48mg (7.41%), Vitamin K: 7.17µg (6.83%), Folate: 25.38µg (6.34%), Selenium: 4.43µg (6.33%), Vitamin B2: 0.11mg (6.31%), Iron: 1.12mg (6.2%), Zinc: 0.93mg (6.18%), Vitamin B5: 0.47mg (4.73%), Vitamin A: 144.83IU (2.9%), Vitamin B12: 0.15µg (2.5%), Vitamin E: 0.31mg (2.04%)