



Grilled Chive Potatoes



Vegetarian



Gluten Free



Low Fod Map

READY IN



55 min.

SERVINGS



4

CALORIES



376 kcal

SIDE DISH

Ingredients

- ☐ 6 tablespoons chives fresh chopped
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 6 red-skinned potatoes scrubbed
- ☐ 6 tablespoons butter unsalted ()

Equipment

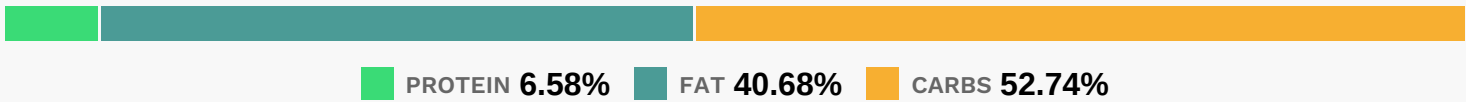
- ☐ baking sheet
- ☐ sauce pan
- ☐ pot

☐ grill

Directions

- ☐ Cook potatoes in large pot of boiling salted water until tender, 25 to 30 minutes.
- ☐ Drain.
- ☐ Cut potatoes in half; place cut side up on rimmed baking sheet. Press each gently with fork to flatten slightly.
- ☐ Stir butter, chives, and lemon peel in medium saucepan over medium heat until butter melts. Season with salt and pepper.
- ☐ Brush some chive butter over potatoes.
- ☐ Coat grill rack with nonstick spray. Prepare barbecue (medium-high heat). Grill potatoes, cut side down, until cut side is crisp and brown, 10 to 12 minutes. Rewarm remaining chive butter.
- ☐ Transfer potatoes, cut side up, to platter.
- ☐ Drizzle with warm chive butter.
- ☐ Per serving:300 calories,17 g fat,4 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.04, Inflammation Score:-7, Nutrition Score:15.165652186974%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 375.8kcal (18.79%), Fat: 17.51g (26.95%), Saturated Fat: 10.91g (68.16%), Carbohydrates: 51.09g (17.03%), Net Carbohydrates: 45.49g (16.54%), Sugar: 4.24g (4.71%), Cholesterol: 45.15mg (15.05%), Sodium: 59.99mg (2.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.37g (12.74%), Potassium: 1472.89mg (42.08%), Vitamin C: 30.74mg (37.26%), Vitamin B6: 0.55mg (27.54%), Manganese: 0.47mg (23.41%), Fiber: 5.6g (22.39%), Copper: 0.44mg (21.95%), Phosphorus: 202.6mg (20.26%), Vitamin K: 20.32µg (19.35%), Vitamin B3: 3.71mg

(18.55%), Magnesium: 72.68mg (18.17%), Vitamin B1: 0.26mg (17.58%), Folate: 62.93µg (15.73%), Vitamin A: 743.29IU (14.87%), Iron: 2.41mg (13.4%), Vitamin B5: 0.93mg (9.31%), Zinc: 1.1mg (7.33%), Vitamin B2: 0.11mg (6.57%), Calcium: 41.8mg (4.18%), Vitamin E: 0.53mg (3.53%), Selenium: 1.85µg (2.65%), Vitamin D: 0.31µg (2.1%)