



## Grilled Farm Potatoes



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



183 kcal

SIDE DISH

## Ingredients

- ☐ 0.5 cup warm bacon vinaigrette divided
- ☐ 2 pounds fingerling potatoes halved
- ☐ 2 pounds potatoes red quartered

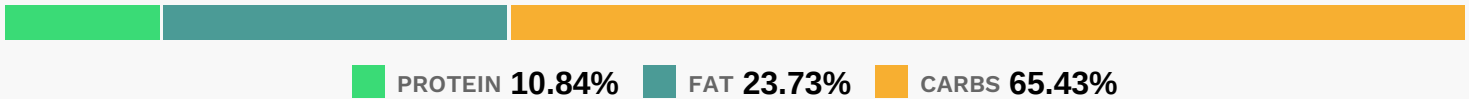
## Equipment

- ☐ bowl
- ☐ sieve
- ☐ grill

# Directions

- ☐ Cook potatoes in boiling salted water 7 to 10 minutes or until just tender; drain.
- ☐ Drizzle 1/4 cup Warm Bacon Vinaigrette through a strainer onto warm potatoes, leaving bacon with the remaining vinaigrette.
- ☐ Grill potatoes in a grill basket over medium-high heat 5 minutes on each side or until soft.
- ☐ Place in a large bowl; drizzle remaining 1/4 cup vinaigrette over potatoes.

## Nutrition Facts



## Properties

Glycemic Index:8.38, Glycemic Load:11.6, Inflammation Score:-3, Nutrition Score:8.9526087110457%

## Flavonoids

Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

## Nutrients (% of daily need)

Calories: 182.68kcal (9.13%), Fat: 4.9g (7.54%), Saturated Fat: 1.63g (10.18%), Carbohydrates: 30.42g (10.14%), Net Carbohydrates: 26.89g (9.78%), Sugar: 1.88g (2.09%), Cholesterol: 7.81mg (2.6%), Sodium: 100.08mg (4.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.04g (10.08%), Vitamin C: 25.67mg (31.12%), Potassium: 818.12mg (23.37%), Vitamin B6: 0.45mg (22.67%), Fiber: 3.54g (14.15%), Manganese: 0.27mg (13.4%), Phosphorus: 124.08mg (12.41%), Vitamin B3: 2.47mg (12.37%), Vitamin B1: 0.18mg (11.91%), Copper: 0.22mg (11.23%), Magnesium: 42.24mg (10.56%), Iron: 1.42mg (7.88%), Folate: 30.84µg (7.71%), Vitamin B5: 0.59mg (5.87%), Zinc: 0.7mg (4.68%), Selenium: 3.1µg (4.43%), Vitamin K: 4.35µg (4.15%), Vitamin B2: 0.07mg (3.93%), Calcium: 20.55mg (2.05%)