



Grilled Fingerling Potato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



8

CALORIES



169 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons olive oil extra virgin
- ☐ 3 lb fingerling potatoes halved lengthwise
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 3 tablespoons pickled shallots

☐ 3 tablespoons grain mustard vinaigrette whole

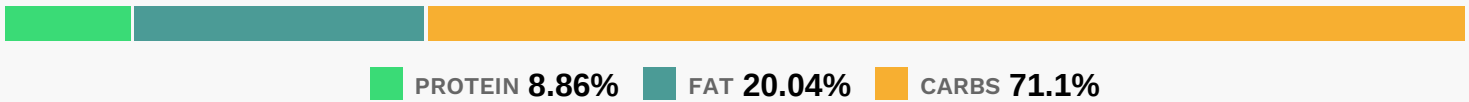
Equipment

- ☐ grill
- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat. Toss potatoes with olive oil; sprinkle with salt and pepper.
- ☐ Place, cut sides down, on cooking grate; grill, covered with grill lid, 2 minutes or until grill marks appear.
- ☐ Remove from grill.
- ☐ Place potatoes in a single layer in center of a large piece of heavy-duty aluminum foil. Bring up foil sides over potatoes; double fold top and side edges to seal, making a packet. Grill potatoes, in foil packet, covered with grill lid, 15 minutes on each side.
- ☐ Remove packet from grill. Carefully open packet, using tongs. Cool 5 minutes. Toss together potatoes, vinaigrette, next 4 ingredients, and, if desired, bacon.

Nutrition Facts



Properties

Glycemic Index:37.47, Glycemic Load:21.97, Inflammation Score:-6, Nutrition Score:10.430000097855%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 169.2kcal (8.46%), Fat: 3.87g (5.95%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 30.88g (10.29%), Net Carbohydrates: 26.66g (9.69%), Sugar: 1.72g (1.92%), Cholesterol: 0mg (0%), Sodium: 363.92mg (15.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.7%), Vitamin C: 36mg (43.63%), Vitamin B6: 0.52mg (26.09%), Vitamin K: 23.66µg (22.53%), Potassium: 748.11mg (21.37%), Fiber: 4.22g (16.89%), Manganese: 0.32mg (16%), Magnesium: 44.05mg (11.01%), Phosphorus: 106.76mg (10.68%), Vitamin B1: 0.15mg (10.04%), Copper: 0.2mg (9.86%), Vitamin B3: 1.86mg (9.28%), Iron: 1.61mg (8.96%), Folate: 31.33µg (7.83%), Vitamin B5: 0.54mg (5.4%), Zinc: 0.57mg (3.77%), Vitamin E: 0.55mg (3.68%), Vitamin B2: 0.06mg (3.66%), Selenium: 2.48µg (3.55%), Calcium: 29.19mg (2.92%), Vitamin A: 136.99IU (2.74%)