



Grilled Fingerling Potato Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



295 kcal

SIDE DISH

Ingredients

- 0.3 cup almonds salted chopped
- 0.5 cup feta cheese crumbled
- 2 pounds fingerling potatoes halved
- 4 servings optional: lemon with chives and tarragon

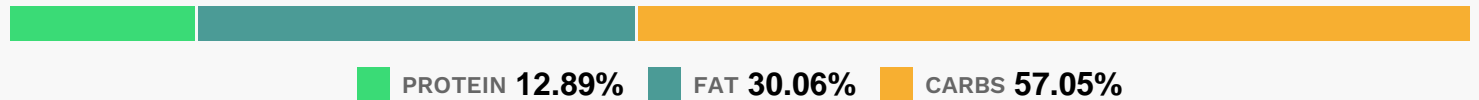
Equipment

- grill
- dutch oven

Directions

- Coat cold cooking grate of grill with cooking spray, and place on grill. Preheat grill to 350 to 400 (medium-high) heat.
- Bring potatoes and water to cover to a boil in a large Dutch oven over medium-high heat; cook 10 minutes or until crisp-tender.
- Drain. Coat potatoes with cooking spray.
- Place potatoes on cooking grate of grill, and grill, covered with grill lid, 8 to 10 minutes or until tender, turning occasionally.
- Remove from grill, and gently toss warm potatoes with dressing.
- Transfer to a serving platter, and sprinkle with cheese and almonds.

Nutrition Facts



Properties

Glycemic Index:36.56, Glycemic Load:29.43, Inflammation Score:-6, Nutrition Score:17.518260976543%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 1.52mg, Eriodictyol: 1.52mg, Eriodictyol: 1.52mg, Eriodictyol: 1.52mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 295.35kcal (14.77%), Fat: 10.2g (15.7%), Saturated Fat: 3.01g (18.8%), Carbohydrates: 43.58g (14.53%), Net Carbohydrates: 36.9g (13.42%), Sugar: 2.46g (2.74%), Cholesterol: 16.69mg (5.56%), Sodium: 227.62mg (9.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.85g (19.69%), Vitamin C: 48.39mg (58.65%), Vitamin B6: 0.77mg (38.52%), Manganese: 0.63mg (31.33%), Potassium: 1063.45mg (30.38%), Fiber: 6.68g (26.7%), Phosphorus: 250.9mg (25.09%), Magnesium: 88.46mg (22.12%), Vitamin B2: 0.37mg (21.65%), Vitamin E: 3.12mg (20.78%), Copper: 0.38mg (18.81%), Vitamin B1: 0.24mg (15.84%), Calcium: 153.53mg (15.35%), Vitamin B3: 3.01mg

(15.07%), Iron: 2.38mg (13.19%), Folate: 48.3µg (12.08%), Zinc: 1.57mg (10.49%), Vitamin B5: 0.92mg (9.22%), Selenium: 4.01µg (5.73%), Vitamin B12: 0.32µg (5.28%), Vitamin K: 4.65µg (4.43%), Vitamin A: 85.32IU (1.71%)