



Grilled Fingerling Potatoes and Peppers



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



130 kcal

SIDE DISH

Ingredients



4 servings pepper black freshly ground



1 pound fingerling potatoes



1 tablespoon olive oil



4 servings sea salt



2 bell pepper green red yellow quartered

Equipment

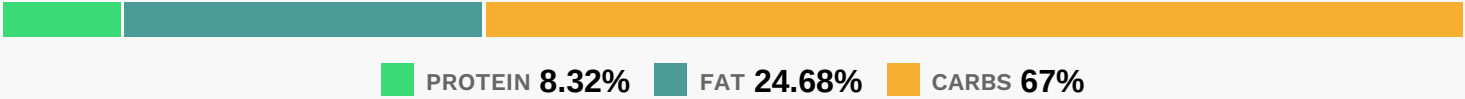


grill

Directions

☐ Toss potatoes in olive oil, and sprinkle with salt and pepper. Grill potatoes and peppers, covered with grill lid, over medium-high heat (350 to 400), turning occasionally, 15 minutes or until tender.

Nutrition Facts



Properties

Glycemic Index:31.44, Glycemic Load:14.69, Inflammation Score:-5, Nutrition Score:10.181304226751%

Flavonoids

Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 130.41kcal (6.52%), Fat: 3.71g (5.7%), Saturated Fat: 0.55g (3.43%), Carbohydrates: 22.64g (7.55%), Net Carbohydrates: 19.1g (6.95%), Sugar: 2.31g (2.57%), Cholesterol: 0mg (0%), Sodium: 202.47mg (8.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.63%), Vitamin C: 70.18mg (85.06%), Vitamin B6: 0.47mg (23.4%), Potassium: 582.93mg (16.66%), Fiber: 3.53g (14.13%), Manganese: 0.26mg (12.97%), Vitamin K: 8.83µg (8.41%), Vitamin B1: 0.12mg (8.32%), Copper: 0.16mg (8.16%), Magnesium: 32.21mg (8.05%), Phosphorus: 76.69mg (7.67%), Vitamin B3: 1.48mg (7.41%), Iron: 1.12mg (6.21%), Folate: 24.11µg (6.03%), Vitamin E: 0.74mg (4.91%), Vitamin A: 222.96IU (4.46%), Vitamin B5: 0.4mg (3.96%), Vitamin B2: 0.05mg (3.13%), Zinc: 0.41mg (2.72%), Calcium: 20.16mg (2.02%)