



Grilled Fingerling Potatoes with Savory Spud Rub



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



122 kcal

SIDE DISH

Ingredients

- ☐ 1 pound fingerling potatoes
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 teaspoons lemon pepper
- ☐ 2 teaspoons olive oil
- ☐ 1 tablespoon onion powder
- ☐ 1.5 teaspoons paprika
- ☐ 1 tablespoon savory spud rub

- ☐ 0.5 teaspoon sea salt
- ☐ 1.5 teaspoons paprika smoked

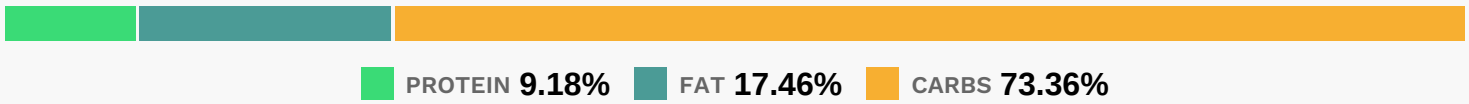
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Combine all ingredients in a glass jar, close the lid and shake to blend. Store at room temperature.Prepare a medium-hot fire in your grill.
- ☐ Cut the potatoes in half.
- ☐ Place the potatoes in a bowl, drizzle with the olive oil and sprinkle with 1 tablespoon of the Rub. Toss to coat.
- ☐ Place the potatoes on the grill rack or in grill basket directly over the heat and close the grill lid. After 3 to 4 minutes, open the lid and toss the potatoes or turn the basket. Close the lid again and repeat the process for 12 to 15 minutes or until potatoes are tender when pierced with a fork.

Nutrition Facts



Properties

Glycemic Index:37.69, Glycemic Load:14.67, Inflammation Score:-6, Nutrition Score:8.9313043874243%

Flavonoids

Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 121.71kcal (6.09%), Fat: 2.48g (3.81%), Saturated Fat: 0.39g (2.45%), Carbohydrates: 23.41g (7.8%), Net Carbohydrates: 19.73g (7.18%), Sugar: 1.2g (1.33%), Cholesterol: 0mg (0%), Sodium: 300.72mg (13.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.86%), Vitamin C: 22.9mg (27.76%), Manganese: 0.43mg (21.26%), Vitamin B6: 0.4mg (19.82%), Potassium: 553.52mg (15.81%), Vitamin A: 776.04IU (15.52%), Fiber: 3.68g (14.71%), Vitamin K: 14.34µg (13.66%), Iron: 1.9mg (10.55%), Magnesium: 35.6mg (8.9%), Copper: 0.17mg (8.38%),

Phosphorus: 79.52mg (7.95%), Vitamin B1: 0.11mg (7.26%), Vitamin B3: 1.4mg (7.02%), Folate: 21.57µg (5.39%),
Vitamin E: 0.77mg (5.15%), Calcium: 40.68mg (4.07%), Vitamin B5: 0.4mg (4%), Vitamin B2: 0.06mg (3.57%), Zinc:
0.52mg (3.47%), Selenium: 0.82µg (1.17%)