



Grilled Herb Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



338 kcal

SIDE DISH

Ingredients

- ☐ 2 garlic clove smashed
- ☐ 0.3 cup herbs like: thym mixed chopped
- ☐ 1 lemon wedges for serving
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 pounds yukon gold potatoes

Equipment

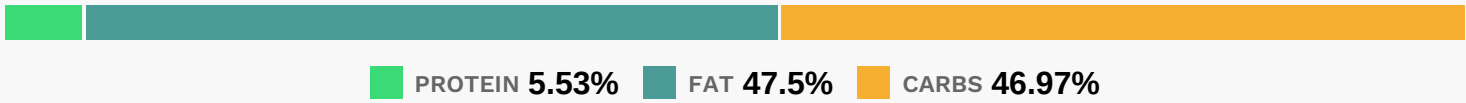
- ☐ pot
- ☐ grill

☐ grill pan

Directions

- ☐ Prepare a gas grill for direct-heat cooking over medium-high heat; see Grilling Procedure.
- ☐ Cut potatoes into 1/2-inch-thick slices and cook in a large pot of well-salted boiling water 10 minutes (potatoes will not be cooked through).
- ☐ Meanwhile, stir together herbs, garlic, oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a large shallow dish.
- ☐ Drain potatoes well and transfer to herb oil, tossing gently to coat.
- ☐ Transfer potatoes to grill, letting excess oil drip into dish (reserve oil in dish). Grill potatoes, covered, turning once or twice, until tender, about 5 minutes total. Return potatoes to dish and toss again with herb oil. Squeeze lemon wedge over potatoes. Season with salt and serve with additional lemon wedges.
- ☐ Potatoes can be cooked in a hot grill pan 10 to 12 minutes.

Nutrition Facts



Properties

Glycemic Index:52.31, Glycemic Load:29.23, Inflammation Score:-5, Nutrition Score:13.282173861628%

Flavonoids

Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 337.64kcal (16.88%), Fat: 18.23g (28.05%), Saturated Fat: 2.55g (15.92%), Carbohydrates: 40.58g (13.53%), Net Carbohydrates: 35.41g (12.87%), Sugar: 1.9g (2.11%), Cholesterol: 0mg (0%), Sodium: 14.37mg (0.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.55%), Vitamin C: 47.8mg (57.94%), Vitamin B6: 0.69mg (34.68%), Potassium: 971.64mg (27.76%), Fiber: 5.17g (20.68%), Vitamin K: 21.4µg (20.38%), Manganese: 0.39mg (19.53%), Vitamin E: 2.63mg (17.56%), Magnesium: 53.86mg (13.46%), Phosphorus: 133.13mg (13.31%), Copper:

0.26mg (12.84%), Vitamin B1: 0.19mg (12.45%), Vitamin B3: 2.42mg (12.09%), Iron: 1.97mg (10.94%), Folate: 37.85µg (9.46%), Vitamin B5: 0.69mg (6.92%), Zinc: 0.69mg (4.6%), Vitamin B2: 0.08mg (4.49%), Calcium: 33.94mg (3.39%), Vitamin A: 84.79IU (1.7%), Selenium: 0.92µg (1.31%)