



Grilled Herbed New Potatoes

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



342 kcal

SIDE DISH

Ingredients

- 2 tablespoons vegetable oil
- 1 tablespoon parsley fresh chopped
- 1 tablespoon rosemary dried fresh crumbled chopped
- 0.5 teaspoon lemon pepper
- 0.3 teaspoon salt
- 8 small potatoes - remove skin red cut into fourths
- 0.3 cup cream sour
- 1 tablespoon rosemary dried fresh crumbled chopped

- 0.3 teaspoon lemon pepper
- 0.1 teaspoon garlic powder

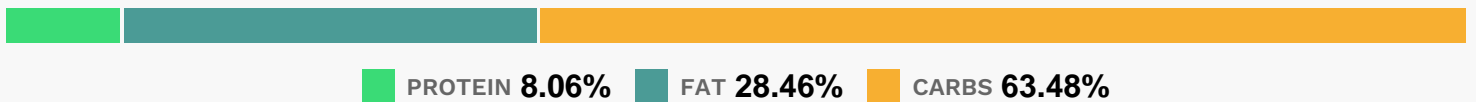
Equipment

- bowl
- grill
- wok

Directions

- Heat coals or gas grill for direct heat. In large bowl, mix oil, parsley, 1 tablespoon rosemary, 1/2 teaspoon lemon pepper and the salt.
- Add potatoes; toss to coat.
- Place potatoes in grill basket (grill "wok").
- Cover and grill potatoes over medium heat 10 to 15 minutes, shaking basket or stirring potatoes occasionally, until tender.
- In small bowl, mix all sauce ingredients.
- Serve with potatoes.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:0.2, Inflammation Score:-7, Nutrition Score:16.706521974958%

Flavonoids

Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 342.08kcal (17.1%), Fat: 11.19g (17.21%), Saturated Fat: 3.18g (19.86%), Carbohydrates: 56.15g (18.72%), Net Carbohydrates: 49.71g (18.08%), Sugar: 5.08g (5.65%), Cholesterol: 11.31mg (3.77%), Sodium: 215.38mg (9.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.13g (14.26%), Potassium: 1600.06mg (45.72%), Vitamin C:

30.65mg (37.15%), Vitamin B6: 0.61mg (30.52%), Manganese: 0.6mg (29.92%), Vitamin K: 30.06µg (28.63%), Fiber: 6.44g (25.77%), Copper: 0.47mg (23.7%), Phosphorus: 225.83mg (22.58%), Magnesium: 81.63mg (20.41%), Vitamin B3: 3.99mg (19.95%), Vitamin B1: 0.29mg (19.08%), Folate: 66.43µg (16.61%), Iron: 2.94mg (16.35%), Vitamin B5: 1.02mg (10.24%), Vitamin B2: 0.15mg (9.09%), Zinc: 1.25mg (8.35%), Calcium: 73.68mg (7.37%), Vitamin E: 0.71mg (4.75%), Vitamin A: 186.23IU (3.72%), Selenium: 2.57µg (3.67%)