



Grilled Lemon and Chive Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



318 kcal

SIDE DISH

Ingredients



0.3 cup chives chopped



0.3 teaspoon kosher salt



1.5 teaspoons lemon zest



3 tablespoons olive oil divided



6 medium thin-skinned potatoes red quartered

Equipment



bowl

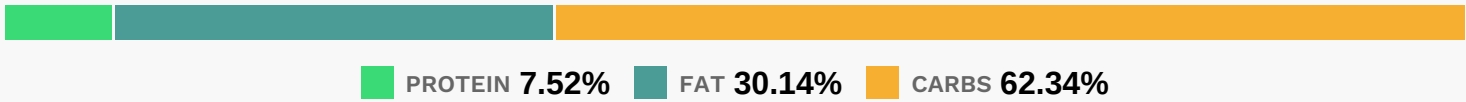


grill

Directions

- ☐ Heat a grill to medium (350 to 450). Toss potatoes with 1 1/2 tbsp. oil in a medium bowl. Grill, turning as needed, until browned and tender when pierced, about 20 minutes.
- ☐ Return potatoes to same bowl and sprinkle with lemon zest, chives, salt, and remaining 1 1/2 tbsp. oil, then toss to coat evenly.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:14.759130529735%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 317.82kcal (15.89%), Fat: 10.97g (16.88%), Saturated Fat: 1.57g (9.79%), Carbohydrates: 51.07g (17.02%), Net Carbohydrates: 45.47g (16.53%), Sugar: 4.21g (4.68%), Cholesterol: 0mg (0%), Sodium: 203.21mg (8.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.16g (12.32%), Potassium: 1464.93mg (41.86%), Vitamin C: 30.38mg (36.83%), Vitamin B6: 0.55mg (27.45%), Manganese: 0.46mg (23.17%), Fiber: 5.59g (22.38%), Copper: 0.43mg (21.71%), Vitamin K: 22.69µg (21.61%), Phosphorus: 196.92mg (19.69%), Vitamin B3: 3.7mg (18.48%), Magnesium: 71.81mg (17.95%), Vitamin B1: 0.26mg (17.46%), Folate: 61.11µg (15.28%), Iron: 2.45mg (13.62%), Vitamin E: 1.55mg (10.35%), Vitamin B5: 0.9mg (9.05%), Zinc: 1.08mg (7.17%), Vitamin B2: 0.1mg (6.09%), Calcium: 36.22mg (3.62%), Vitamin A: 167.84IU (3.36%), Selenium: 1.63µg (2.33%)