



Grilled Lemon-Garlic Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



223 kcal

SIDE DISH

Ingredients

- 0.3 cup parsley fresh chopped
- 2 garlic cloves pressed
- 0.5 teaspoon coarsely ground pepper
- 0.3 cup juice of lemon
- 1 tablespoon lemon rind grated
- 0.3 cup olive oil divided
- 4 pounds potatoes red halved
- 1.5 teaspoons salt

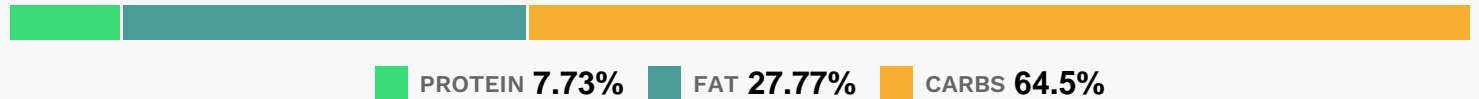
Equipment

- grill
- dutch oven

Directions

- Bring potatoes and water to cover to a boil in a large Dutch oven over medium-high heat; cook 20 to 25 minutes or until tender.
- Drain and toss with 2 Tbsp. olive oil.
- Stir together lemon rind, next 5 ingredients, and remaining 2 Tbsp. olive oil.
- Coat a cold cooking grate with cooking spray, and place on grill over medium-high heat (350 to 400).
- Place potatoes on cooking grate, and grill, covered with grill lid, 5 minutes, turning occasionally. Gently toss hot potatoes with lemon mixture.
- Serve immediately or at room temperature.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.11, Inflammation Score:-5, Nutrition Score:12.608260807784%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 222.79kcal (11.14%), Fat: 7.12g (10.95%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 37.19g (12.4%), Net Carbohydrates: 33.11g (12.04%), Sugar: 3.18g (3.53%), Cholesterol: 0mg (0%), Sodium: 478.66mg (20.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.92%), Vitamin K: 51.86µg (49.39%), Vitamin C: 26.98mg

(32.71%), Potassium: 1059.65mg (30.28%), Vitamin B6: 0.4mg (20.11%), Manganese: 0.35mg (17.72%), Fiber: 4.09g (16.35%), Copper: 0.31mg (15.69%), Phosphorus: 141.84mg (14.18%), Vitamin B3: 2.66mg (13.28%), Magnesium: 52.13mg (13.03%), Vitamin B1: 0.19mg (12.65%), Folate: 46.29µg (11.57%), Iron: 1.89mg (10.5%), Vitamin E: 1.03mg (6.86%), Vitamin B5: 0.66mg (6.61%), Zinc: 0.79mg (5.28%), Vitamin A: 228.06IU (4.56%), Vitamin B2: 0.08mg (4.44%), Calcium: 29.84mg (2.98%), Selenium: 1.26µg (1.8%)