



Grilled New Potato Packet

 **Gluten Free**

READY IN



30 min.

SERVINGS



30

CALORIES



17 kcal

SIDE DISH

Ingredients

- 1 Tbsp parsley fresh chopped
- 0.5 lb new potatoes white red
- 2 tsp oil
- 2 Tbsp parmesan cheese grated kraft
- 3 Tbsp sun tomato vinaigrette dressing dried kraft
- 2 Tbsp water

Equipment

- grill

aluminum foil

Directions

Heat grill to medium heat.

Place potatoes on center of large sheet of heavy-duty foil; drizzle with water and oil. Fold foil to make packet.

Grill 18 to 20 min. or until potatoes are tender.

Cut slits in foil to release steam before opening packet. Top potatoes with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:3.86, Glycemic Load:0.97, Inflammation Score:-1, Nutrition Score:0.64826086527951%

Flavonoids

Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 17.11kcal (0.86%), Fat: 1.2g (1.85%), Saturated Fat: 0.22g (1.38%), Carbohydrates: 1.41g (0.47%), Net Carbohydrates: 1.24g (0.45%), Sugar: 0.1g (0.11%), Cholesterol: 0.29mg (0.1%), Sodium: 6.42mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.51%), Vitamin K: 4.02µg (3.83%), Vitamin C: 1.66mg (2.01%), Vitamin B6: 0.02mg (1.13%)