



Grilled New Potatoes with Lemon-Garlic Aioli and Parsley

 Vegetarian  Gluten Free  Dairy Free

READY IN

ready

35 min.

SERVINGS

servings

8

CALORIES

calories

546 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup flat-leaf parsley fresh finely chopped
- ☐ 6 cloves garlic coarsely chopped
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 teaspoons lemon zest finely chopped
- ☐ 1.5 cups best-quality mayonnaise
- ☐ 3 pounds new potatoes
- ☐ 8 servings olive oil

☐ 8 servings salt and pepper freshly ground

Equipment

☐ pot

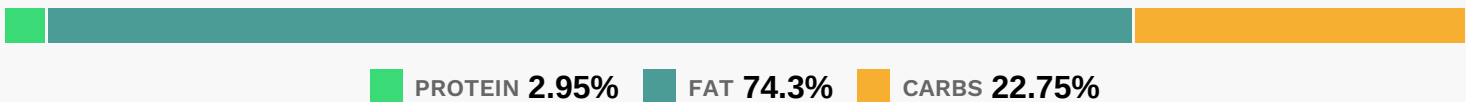
☐ blender

☐ grill

Directions

- ☐ Place the potatoes in a stockpot and cover with cold water. Bring to a boil, season the water with salt, and cook until almost tender, about 15 minutes.
- ☐ Drain the potatoes, and when cool enough to handle, cut each potato in half.
- ☐ Preheat the grill to medium.
- ☐ Add the mayonnaise, garlic, lemon juice, and zest to a blender and blend until smooth. Season with salt and pepper, to taste. Set aside.
- ☐ Brush the potatoes with oil on all sides and sprinkle with salt and pepper. Grill, cut side down, until golden brown and just cooked through.
- ☐ Remove the potatoes to a platter.
- ☐ Drizzle the aioli over the potatoes and sprinkle with chopped parsley.

Nutrition Facts



Properties

Glycemic Index:24.47, Glycemic Load:22.1, Inflammation Score:-5, Nutrition Score:14.989130377769%

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: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 546.27kcal (27.31%), Fat: 45.62g (70.18%), Saturated Fat: 6.9g (43.11%), Carbohydrates: 31.42g (10.47%), Net Carbohydrates: 27.5g (10%), Sugar: 1.82g (2.02%), Cholesterol: 17.64mg (5.88%), Sodium: 472.51mg (20.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.14%), Vitamin K: 110.91µg (105.63%), Vitamin C: 40.3mg (48.85%), Vitamin B6: 0.54mg (26.96%), Vitamin E: 3.44mg (22.93%), Potassium: 752.75mg (21.51%), Fiber: 3.93g (15.71%), Manganese: 0.31mg (15.26%), Phosphorus: 110.98mg (11.1%), Magnesium: 41.58mg (10.39%), Copper: 0.2mg (10.15%), Vitamin B1: 0.15mg (9.9%), Iron: 1.66mg (9.22%), Vitamin B3: 1.84mg (9.21%), Folate: 33.82µg (8.46%), Vitamin B5: 0.61mg (6.08%), Zinc: 0.61mg (4.05%), Vitamin B2: 0.07mg (4.02%), Vitamin A: 189.56IU (3.79%), Calcium: 31.82mg (3.18%), Selenium: 1.81µg (2.58%)