



Grilled New Potatoes with Lemon, Garlic, and Rosemary



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



72 min.

SERVINGS



6

CALORIES



204 kcal

SIDE DISH

Ingredients

- ☐ 12 garlic cloves
- ☐ 0.3 cup roasted garlic oil
- ☐ 2 lemons
- ☐ 3 pound new potatoes red
- ☐ 0.1 cup rosemary sprigs
- ☐ 6 servings salt and pepper

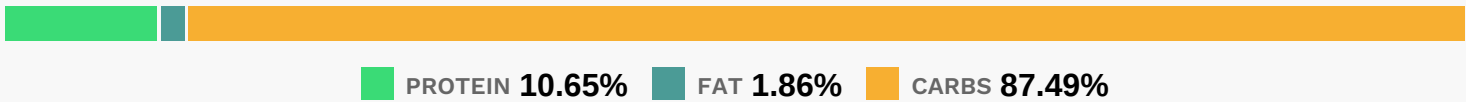
Equipment

- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ grill
- ☐ colander

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 400 degrees F.
- ☐ Wash and cut the potatoes into quarter wedges. Juice lemons and with a sharp knife peel away the white pith.
- ☐ Cut rind into 1/4-inch strips.
- ☐ Combine the lemon rind, half the juice, roasted garlic, rosemary, and oil in a roasting pan.
- ☐ Add the potatoes, mix well, and marinate overnight.
- ☐ Preheat a grill.
- ☐ Drain the potatoes in a colander reserving the lemon and garlic. Grill the potatoes on the 2 cut sides, just to mark slightly.
- ☐ Using the same roasting pan, place the potatoes, lemon rinds, and garlic back in the pan and roast for 12 to 15 minutes, shaking and tossing the pan every 5 minutes.
- ☐ Season with salt and pepper, and drizzle remaining lemon juice if desired.

Nutrition Facts



Properties

Glycemic Index:39.88, Glycemic Load:30.76, Inflammation Score:-6, Nutrition Score:14.743913023368%

Flavonoids

Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 1.86mg,

Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 204.11kcal (10.21%), Fat: 0.45g (0.69%), Saturated Fat: 0.12g (0.75%), Carbohydrates: 47.16g (15.72%), Net Carbohydrates: 40.7g (14.8%), Sugar: 2.79g (3.1%), Cholesterol: 0mg (0%), Sodium: 210.35mg (9.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.49%), Vitamin C: 67.7mg (82.07%), Vitamin B6: 0.85mg (42.56%), Potassium: 1056.09mg (30.17%), Manganese: 0.56mg (28.13%), Fiber: 6.46g (25.82%), Phosphorus: 153.23mg (15.32%), Copper: 0.3mg (14.8%), Vitamin B1: 0.22mg (14.78%), Magnesium: 59.06mg (14.77%), Iron: 2.33mg (12.95%), Vitamin B3: 2.51mg (12.57%), Folate: 42.13µg (10.53%), Vitamin B5: 0.81mg (8.09%), Calcium: 64.21mg (6.42%), Vitamin B2: 0.09mg (5.57%), Zinc: 0.83mg (5.54%), Vitamin K: 4.51µg (4.29%), Selenium: 2.5µg (3.58%)