



Grilled Parmesan Potatoes

READY IN



35 min.

SERVINGS



4

CALORIES



254 kcal

SIDE DISH

Ingredients

- 4 medium potatoes thinly sliced
- 0.5 teaspoon salt
- 0.3 cup breadcrumbs italian
- 2 tablespoons parmesan cheese grated
- 2 tablespoons butter melted
- 1 tablespoon basil dried fresh chopped

Equipment

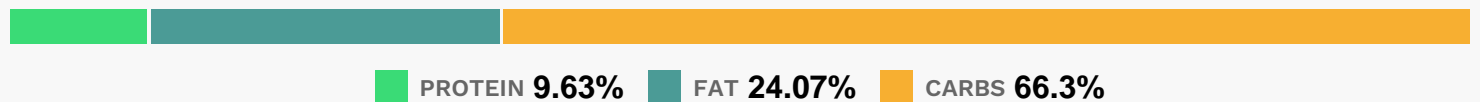
- bowl

- grill
- aluminum foil

Directions

- Heat gas or charcoal grill.
- Cut 2 (30x18-inch) sheets of heavy-duty foil. Divide potato slices evenly onto foil sheets.
- Sprinkle with salt.
- In small bowl, mix remaining ingredients; sprinkle over potatoes. Bring up 2 sides of foil so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.
- Place packets, seam side up, on grill. Cover grill; cook over medium heat 18 to 23 minutes, rotating packets once, until potatoes are tender.
- To serve, place packets on plates.
- Cut large X across top of each packet; carefully fold back foil to allow steam to escape.

Nutrition Facts



Properties

Glycemic Index:20.94, Glycemic Load:27.24, Inflammation Score:-6, Nutrition Score:13.907391318161%

Flavonoids

Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 253.86kcal (12.69%), Fat: 6.93g (10.65%), Saturated Fat: 1.71g (10.72%), Carbohydrates: 42.92g (14.31%), Net Carbohydrates: 37.55g (13.66%), Sugar: 2.1g (2.33%), Cholesterol: 2.17mg (0.73%), Sodium: 463.39mg (20.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.24g (12.47%), Vitamin C: 41.98mg (50.89%), Vitamin B6: 0.65mg (32.63%), Potassium: 943.86mg (26.97%), Manganese: 0.49mg (24.44%), Fiber: 5.37g (21.47%), Vitamin K: 21.68µg (20.65%), Iron: 2.9mg (16.11%), Vitamin B1: 0.24mg (15.86%), Phosphorus: 152.75mg (15.27%), Magnesium: 60.1mg (15.02%), Vitamin B3: 2.75mg (13.73%), Copper: 0.27mg (13.47%), Folate: 44.62µg (11.16%), Calcium: 84.69mg (8.47%), Vitamin B2: 0.12mg (6.98%), Vitamin B5: 0.69mg (6.9%), Zinc: 0.9mg (5.97%), Vitamin A: 283.71IU (5.67%), Selenium: 3.25µg (4.64%), Vitamin E: 0.36mg (2.42%), Vitamin B12: 0.06µg (1.07%)