



Grilled Parmesan Potatoes

READY IN



35 min.

SERVINGS



4

CALORIES



252 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup breadcrumbs italian
- ☐ 2 tablespoons butter melted
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 4 medium potatoes thinly sliced
- ☐ 0.5 teaspoon salt

Equipment

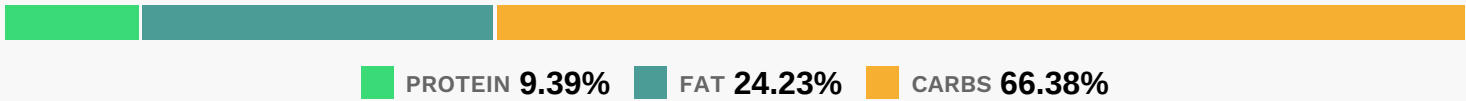
- ☐ bowl
- ☐ grill

☐ 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:-5, Nutrition Score:12.266521742162%

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: 251.53kcal (12.58%), Fat: 6.88g (10.59%), Saturated Fat: 1.69g (10.58%), Carbohydrates: 42.44g (14.15%), Net Carbohydrates: 37.45g (13.62%), Sugar: 2.08g (2.31%), Cholesterol: 2.17mg (0.73%), Sodium: 462.64mg (20.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.01g (12.01%), Vitamin C: 41.97mg (50.88%), Vitamin B6: 0.64mg (31.96%), Potassium: 917.56mg (26.22%), Fiber: 4.99g (19.96%), Manganese: 0.39mg (19.54%), Vitamin B1: 0.24mg (15.8%), Phosphorus: 150.01mg (15%), Vitamin B3: 2.7mg (13.48%), Magnesium: 52.99mg (13.25%), Copper: 0.25mg (12.42%), Iron: 2mg (11.12%), Folate: 41.52µg (10.38%), Vitamin B5: 0.68mg (6.82%), Vitamin B2: 0.11mg (6.27%), Calcium: 62.29mg (6.23%), Vitamin A: 276.27IU (5.53%), Zinc: 0.82mg (5.5%), Selenium: 3.22µg (4.59%), Vitamin K: 4.53µg (4.32%), Vitamin E: 0.26mg (1.71%), Vitamin B12: 0.06µg (1.07%)