



Grilled Potato and Asparagus Foil Pack



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



1

CALORIES



255 kcal

SIDE DISH

Ingredients

- ☐ 1 cup potatoes
- ☐ 0.5 cup asparagus fresh chopped
- ☐ 0.3 cup spring onion diagonally sliced (4 medium)
- ☐ 2 teaspoons grapeseed oil
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper

Equipment

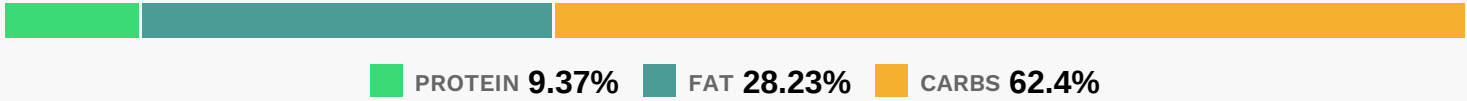
- ☐ sauce pan

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat gas or charcoal grill. Tear off 12-inch length of heavy-duty foil to make packet. Lightly spray 1 side of foil (side that will be inside of packet) with canola oil cooking spray.
- ☐ Place potatoes in 2-quart saucepan; cover potatoes with water.
- ☐ Heat to boiling. Reduce heat; cook until potatoes are just tender, about 10 minutes.
- ☐ Drain potatoes; return to saucepan.
- ☐ Add remaining ingredients; toss gently.
- ☐ Place mixture in center of foil. Bring up 2 sides of foil so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space on sides for heat circulation and expansion. Fold other sides to seal.
- ☐ Place foil packet on grill. Cover grill; cook 12 to 15 minutes, turning packet once. Cooking times are approximate and depend on the heat of your grill.

Nutrition Facts



Properties

Glycemic Index:233.75, Glycemic Load:27.68, Inflammation Score:-8, Nutrition Score:19.956956707913%

Flavonoids

Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg Quercetin: 13.51mg, Quercetin: 13.51mg, Quercetin: 13.51mg, Quercetin: 13.51mg

Nutrients (% of daily need)

Calories: 255.07kcal (12.75%), Fat: 8.33g (12.82%), Saturated Fat: 0.86g (5.4%), Carbohydrates: 41.44g (13.81%), Net Carbohydrates: 34.64g (12.6%), Sugar: 3.48g (3.87%), Cholesterol: 0mg (0%), Sodium: 1180.78mg (51.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.45%), Vitamin K: 84.43µg (80.41%), Vitamin C: 49.82mg (60.39%), Vitamin B6: 0.7mg (34.86%), Potassium: 1095.32mg (31.29%), Fiber: 6.8g (27.21%), Manganese: 0.53mg (26.7%), Vitamin E: 3.22mg (21.5%), Folate: 84.53µg (21.13%), Iron: 3.5mg (19.45%), Copper: 0.38mg (19.09%), Vitamin B1: 0.28mg (18.54%), Phosphorus: 164.58mg (16.46%), Magnesium: 63.56mg (15.89%), Vitamin A: 762.71IU

(15.25%), Vitamin B3: 3.01mg (15.03%), Vitamin B2: 0.18mg (10.74%), Vitamin B5: 0.83mg (8.31%), Zinc: 1.08mg (7.18%), Calcium: 62.22mg (6.22%), Selenium: 2.35µg (3.36%)