



Grilled Potato And Onion Packet



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



83 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 1 garlic clove crushed
- ☐ 0.3 teaspoon coarsely ground pepper
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.3 teaspoon lemon rind grated
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion separated cut into thin wedges and
- ☐ 20 ounce precut new potato wedges (such as Simply Potatoes)

- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons white wine worcestershire sauce

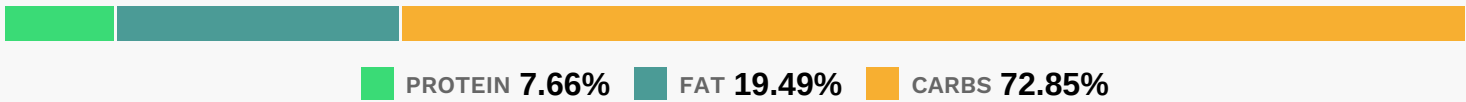
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Combine potatoes and onion in a large bowl.
- ☐ Combine lemon rind and next 8 ingredients.
- ☐ Pour lemon mixture over potato mixture; toss well to coat.
- ☐ Place potato and onion mixture in grilling bag, arranging potato mixture in a single layer.
- ☐ Pour any remaining lemon juice mixture over potato mixture.
- ☐ Place grilling bag on grill rack over medium-hot coals (350 to 400); cover and grill 15 minutes. Open bag and stir gently. Reseal bag, and grill an additional 15 minutes or until potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:30.36, Glycemic Load:9.74, Inflammation Score:-2, Nutrition Score:4.4399999794753%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

Nutrients (% of daily need)

Calories: 82.76kcal (4.14%), Fat: 1.85g (2.84%), Saturated Fat: 0.27g (1.69%), Carbohydrates: 15.55g (5.18%), Net Carbohydrates: 13.7g (4.98%), Sugar: 2.21g (2.45%), Cholesterol: 0mg (0%), Sodium: 132.91mg (5.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.27%), Vitamin C: 17.91mg (21.71%), Vitamin B6: 0.23mg (11.66%), Potassium: 360.89mg (10.31%), Fiber: 1.84g (7.37%), Manganese: 0.14mg (7.08%), Phosphorus: 48.08mg (4.81%), Magnesium: 18.8mg (4.7%), Copper: 0.09mg (4.67%), Iron: 0.84mg (4.65%), Vitamin B1: 0.07mg (4.55%), Vitamin B3: 0.8mg (4.01%), Folate: 15.47µg (3.87%), Vitamin K: 2.61µg (2.48%), Vitamin B5: 0.24mg (2.38%), Vitamin B2: 0.03mg (1.97%), Vitamin E: 0.27mg (1.83%), Calcium: 17.74mg (1.77%), Zinc: 0.25mg (1.64%)