



Grilled Potato and Onion Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



260 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon balsamic vinegar
- 0.5 cup flat-leaf parsley leaves
- 4 servings kosher salt and pepper
- 4 tablespoons olive oil extra-virgin
- 1 onion red cut into 1/2-inch-thick rings
- 1.5 pounds potatoes red cut into 2-inch pieces

Equipment

- bowl

grill

Directions

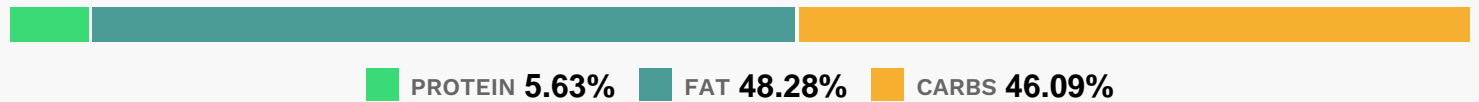
Heat grill to medium. Toss the potatoes, onion, and 2 tablespoons of the oil in a bowl. Arrange in a single layer on the grill. Grill the potatoes and onion, turning frequently, until they are tender and slightly charred, about 15 minutes.

Transfer to a bowl.

Add the parsley, vinegar, the remaining 2 tablespoons of oil, 1 1/4 teaspoons salt, and 1/4 teaspoon pepper and toss to coat.

Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.98, Inflammation Score:-7, Nutrition Score:14.198695809945%

Flavonoids

Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg

Nutrients (% of daily need)

Calories: 260.05kcal (13%), Fat: 14.32g (22.04%), Saturated Fat: 2.01g (12.58%), Carbohydrates: 30.77g (10.26%), Net Carbohydrates: 27.16g (9.88%), Sugar: 4.02g (4.47%), Cholesterol: 0mg (0%), Sodium: 230.91mg (10.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.52%), Vitamin K: 136.47µg (129.97%), Vitamin C: 26.64mg (32.29%), Potassium: 860.3mg (24.58%), Vitamin B6: 0.33mg (16.45%), Manganese: 0.29mg (14.65%), Fiber: 3.61g (14.43%), Vitamin E: 2.09mg (13.97%), Vitamin A: 644.26IU (12.89%), Copper: 0.25mg (12.55%), Folate: 47.24µg (11.81%), Phosphorus: 116.84mg (11.68%), Magnesium: 44.41mg (11.1%), Vitamin B1: 0.16mg (10.46%), Vitamin B3: 2.08mg (10.42%), Iron: 1.87mg (10.41%), Vitamin B5: 0.54mg (5.38%), Zinc: 0.69mg (4.61%), Vitamin B2: 0.07mg (3.97%), Calcium: 35.02mg (3.5%), Selenium: 1µg (1.42%)