



Grilled Potato Salad

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



54 kcal

SIDE DISH

Ingredients

- 0.5 cup natural three cheese crumbles kraft
- 1 Tbsp basil fresh chopped
- 3 green onions
- 0.8 cup 3/4 cup kraft zesty italian dressing italian kraft
- 1 bell pepper red halved seeded
- 2 lb potatoes red quartered

Equipment

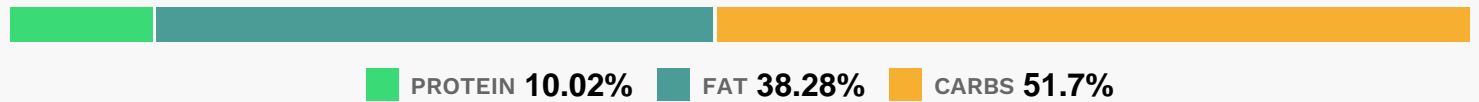
- bowl

grill

Directions

- Heat grill to medium-high heat.
- Cook potatoes in boiling water 10 min. or just until tender; drain.
- Grill potatoes, peppers and onions 10 min. or just until browned, turning occasionally.
- Place potatoes in bowl. Chop pepper and onions.
- Add to potatoes with remaining ingredients; mix lightly.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:6.44, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:2.9952174127102%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 53.61kcal (2.68%), Fat: 2.33g (3.59%), Saturated Fat: 0.73g (4.56%), Carbohydrates: 7.09g (2.36%), Net Carbohydrates: 6.33g (2.3%), Sugar: 1.48g (1.64%), Cholesterol: 2.03mg (0.68%), Sodium: 108.02mg (4.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.75%), Vitamin C: 9.56mg (11.59%), Vitamin K: 9.32µg (8.88%), Potassium: 192.7mg (5.51%), Vitamin B6: 0.09mg (4.29%), Vitamin A: 202.36IU (4.05%), Phosphorus: 35.55mg (3.56%), Manganese: 0.06mg (3.21%), Fiber: 0.76g (3.03%), Folate: 10.79µg (2.7%), Copper: 0.05mg (2.7%), Vitamin B3: 0.51mg (2.55%), Magnesium: 9.98mg (2.49%), Vitamin B1: 0.04mg (2.34%), Calcium: 20.62mg (2.06%), Iron: 0.34mg (1.9%), Vitamin E: 0.25mg (1.67%), Vitamin B5: 0.16mg (1.65%), Vitamin B2: 0.03mg (1.59%), Zinc: 0.22mg (1.44%), Selenium: 0.73µg (1.04%)