



Grilled Potato Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



185 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon capers coarsely chopped
- ☐ 1.5 cups cherry tomatoes halved
- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 cup flat parsley
- ☐ 0.5 cup oil-cured olives pitted
- ☐ 2 teaspoons oil-packed anchovies minced
- ☐ 0.3 cup olive oil divided
- ☐ 2 tablespoons oregano fresh chopped

- ☐ 0.5 teaspoon pepper red
- ☐ 2 tablespoons red wine vinegar
- ☐ 6 medium yukon gold potatoes halved lengthwise

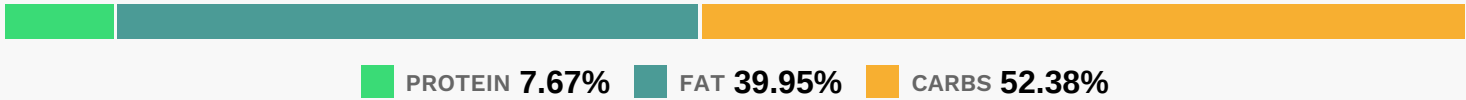
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Heat grill to medium (350 to 450 degrees F)
- ☐ with an area left unheated for indirect heat. Toss potatoes in 1 tbsp. oil; grill flat side down until marks appear, 8 minutes. Turn over, moving to indirect area. Cook until tender, 10 minutes.
- ☐ Let cool, then cut into chunks.
- ☐ Whisk remaining 3 tbsp. oil, mustard, vinegar, oregano, capers, chile flakes, and anchovies in a large bowl. Gently mix in remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:19.09, Glycemic Load:16.36, Inflammation Score:-9, Nutrition Score:13.003043709242%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 184.6kcal (9.23%), Fat: 8.46g (13.02%), Saturated Fat: 1.2g (7.53%), Carbohydrates: 24.97g (8.32%), Net Carbohydrates: 20.94g (7.61%), Sugar: 1.84g (2.05%), Cholesterol: 1.27mg (0.43%), Sodium: 236.86mg (10.3%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.31%), Vitamin K: 77.23µg (73.55%), Vitamin C: 36.57mg (44.33%), Vitamin B6: 0.42mg (21.18%), Potassium: 651.21mg (18.61%), Fiber: 4.04g (16.15%), Manganese: 0.3mg (15.08%), Vitamin E: 1.83mg (12.18%), Iron: 2.09mg (11.62%), Vitamin A: 548.97IU (10.98%), Magnesium: 40.02mg (10%), Vitamin B3: 1.94mg (9.71%), Copper: 0.19mg (9.66%), Phosphorus: 90.09mg (9.01%), Folate: 33.45µg (8.36%), Vitamin B1: 0.12mg (8.14%), Calcium: 52.88mg (5.29%), Vitamin B5: 0.46mg (4.59%), Vitamin B2: 0.07mg (3.9%), Zinc: 0.54mg (3.58%), Selenium: 1.93µg (2.76%)