



Grilled Potato Salad with Chile Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



50 min.

SERVINGS



4

CALORIES



344 kcal

SIDE DISH

Ingredients

- 4 oz chilis green chopped canned
- 4 small potatoes - remove skin red unpeeled cut into 1/2-inch pieces (1 1/2 cups)
- 2 yukon gold potatoes unpeeled cut into 1/2-inch pieces (2 1/2 cups)
- 2 tablespoons vegetable oil
- 0.5 teaspoon salt
- 1 medium bell pepper yellow cut into 1/2-inch pieces
- 1 cup roma tomatoes coarsely chopped (plum)
- 0.3 cup balsamic vinegar white

- 2 tablespoons vegetable oil
- 0.3 teaspoon pepper black red
- 0.3 teaspoon salt

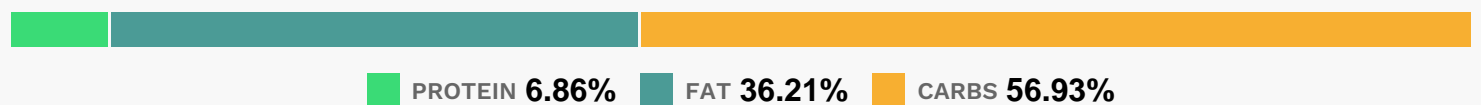
Equipment

- bowl
- grill
- wok

Directions

- Heat coals or gas grill for direct heat. Reserve 2 tablespoons of the chiles for Chile Vinaigrette; reserve remaining chiles for salad. Make Chile Vinaigrette.
- Place potatoes in grill basket (grill "wok").
- Drizzle with oil; sprinkle with salt. Shake basket to mix and turn potatoes.
- Cover and grill potatoes 4 to 6 inches from medium heat 25 to 30 minutes, shaking basket or stirring potatoes occasionally, until tender.
- Add bell pepper to basket for last 5 minutes of grilling.
- Place Chile Vinaigrette in large bowl; stir in tomatoes and remaining green chiles.
- Add potatoes and bell pepper to tomato mixture in bowl; toss to mix.

Nutrition Facts



Properties

Glycemic Index:50.94, Glycemic Load:12.85, Inflammation Score:-8, Nutrition Score:18.785652259122%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 343.65kcal (17.18%), Fat: 14.18g (21.81%), Saturated Fat: 2.19g (13.69%), Carbohydrates: 50.16g (16.72%), Net Carbohydrates: 43.91g (15.97%), Sugar: 6.8g (7.55%), Cholesterol: 0mg (0%), Sodium: 591.52mg (25.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.04g (12.09%), Vitamin C: 103.75mg (125.76%), Potassium: 1386.23mg (39.61%), Vitamin K: 36.43µg (34.7%), Vitamin B6: 0.67mg (33.57%), Manganese: 0.51mg (25.5%), Fiber: 6.25g (25%), Copper: 0.39mg (19.62%), Folate: 76.14µg (19.03%), Vitamin B3: 3.64mg (18.22%), Phosphorus: 179.83mg (17.98%), Magnesium: 70.3mg (17.57%), Vitamin B1: 0.24mg (15.93%), Iron: 2.71mg (15.06%), Vitamin A: 602.2IU (12.04%), Vitamin E: 1.46mg (9.72%), Vitamin B5: 0.85mg (8.54%), Zinc: 1mg (6.66%), Vitamin B2: 0.11mg (6.31%), Calcium: 51.72mg (5.17%), Selenium: 1.29µg (1.84%)