



Grilled Potato Smash



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



259 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons cumin seeds
- ☐ 8 garlic clove peeled
- ☐ 2 large optional: lemon
- ☐ 4 tablespoons olive oil
- ☐ 2 cups greek yogurt plain (or regular yogurt, strained overnight)
- ☐ 2 pounds yukon gold potatoes assorted (such as fingerling, new, purple, and Yukon gold)
- ☐ 2 teaspoons salt

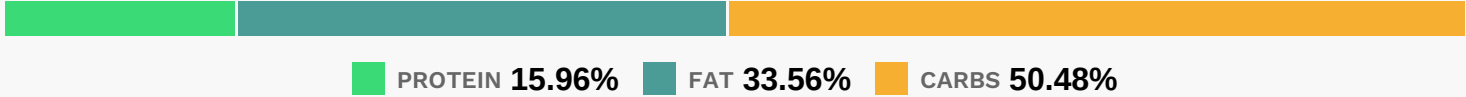
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat the grill, or preheat the oven to 475°F.
- ☐ Divide the potatoes, oil, salt, garlic, and cumin seeds (if using) between two large lengths of aluminum foil. Fold and scrunch up the sides of each to form two well-sealed pouches.
- ☐ Place the pouches directly on the hot grill (or on a baking sheet in the oven) until the potatoes are soft, 40 to 45 minutes.
- ☐ Dump the pouch contents into a large bowl and squeeze the lemons over everything.
- ☐ Smash the potatoes with a fork, stir in the yogurt, and serve.

Nutrition Facts



Properties

Glycemic Index:24.04, Glycemic Load:20.32, Inflammation Score:-5, Nutrition Score:13.27434789357%

Flavonoids

Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 258.5kcal (12.92%), Fat: 9.99g (15.37%), Saturated Fat: 1.43g (8.92%), Carbohydrates: 33.81g (11.27%), Net Carbohydrates: 29.33g (10.66%), Sugar: 4.31g (4.79%), Cholesterol: 3.33mg (1.11%), Sodium: 810.94mg (35.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.69g (21.38%), Vitamin C: 50.17mg (60.81%), Vitamin B6: 0.57mg (28.5%), Potassium: 808.43mg (23.1%), Phosphorus: 192.06mg (19.21%), Fiber: 4.49g (17.95%), Manganese:

0.34mg (16.96%), Vitamin B2: 0.25mg (14.68%), Magnesium: 48.45mg (12.11%), Calcium: 115.52mg (11.55%), Iron: 2.01mg (11.17%), Selenium: 7.8µg (11.15%), Vitamin B1: 0.16mg (10.81%), Copper: 0.21mg (10.31%), Vitamin E: 1.45mg (9.63%), Vitamin B3: 1.83mg (9.14%), Folate: 33µg (8.25%), Vitamin K: 8.6µg (8.19%), Vitamin B12: 0.47µg (7.78%), Vitamin B5: 0.76mg (7.6%), Zinc: 0.89mg (5.96%)