



WHATSheATE



Grilled Potato Wedges with Fresh Herbs and Butter



Vegetarian



Gluten Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



104 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.3 cup herbs fresh italian such as rosemary, thyme, chive, dill, and parsley minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 large russet potatoes cut into 8 wedges
- ☐ 2 tablespoons butter unsalted melted

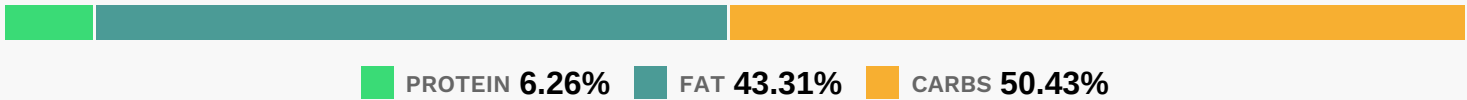
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare the grill for direct cooking over medium heat (350 to 450F).
- ☐ In a medium bowl combine the oil, salt, and pepper.
- ☐ Add the potato wedges to the bowl and toss to coat evenly.
- ☐ Brush the cooking grates clean. Grill the potatoes over direct medium heat, with the lid closed as much as possible, until they are golden brown and quite tender, 8 to 10 minutes, turning occasionally.
- ☐ Transfer the potatoes back to the medium bowl.
- ☐ In a small bowl mix the butter and mustard.
- ☐ Drizzle over the potatoes.
- ☐ Add the herbs and stir to coat the potatoes evenly.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:18.08, Glycemic Load:10.52, Inflammation Score:-3, Nutrition Score:4.8073912567419%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg

Nutrients (% of daily need)

Calories: 104.23kcal (5.21%), Fat: 5.16g (7.94%), Saturated Fat: 1.85g (11.55%), Carbohydrates: 13.52g (4.51%), Net Carbohydrates: 12.47g (4.53%), Sugar: 0.48g (0.53%), Cholesterol: 6.02mg (2.01%), Sodium: 126.69mg (5.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Vitamin K: 27.98µg (26.65%), Vitamin B6: 0.26mg

(12.83%), Potassium: 318.86mg (9.11%), Vitamin C: 6.2mg (7.52%), Manganese: 0.13mg (6.68%), Magnesium: 18.19mg (4.55%), Phosphorus: 42.83mg (4.28%), Iron: 0.76mg (4.24%), Fiber: 1.06g (4.22%), Vitamin B1: 0.06mg (4.2%), Copper: 0.08mg (4.02%), Vitamin A: 197.97IU (3.96%), Vitamin B3: 0.79mg (3.94%), Vitamin E: 0.49mg (3.26%), Folate: 12.75µg (3.19%), Vitamin B5: 0.23mg (2.34%), Vitamin B2: 0.03mg (1.61%), Zinc: 0.24mg (1.58%), Calcium: 13.19mg (1.32%)