



Grilled Potato Wedges with Hot Garlic, Red Chili, Parmesan and Parsley

 Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



565 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 3 garlic cloves finely chopped
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup parmigiano-reggiano freshly grated
- ☐ 0.3 teaspoon chili flakes red

☐ 6 russet potatoes scrubbed

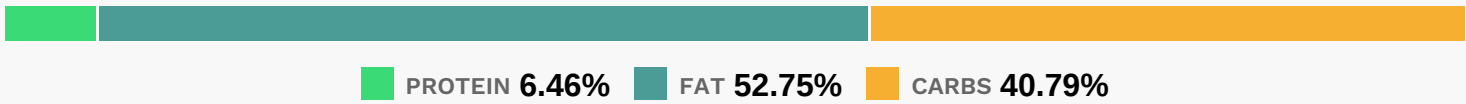
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ grill
- ☐ cutting board

Directions

- ☐ Put the potatoes in a pot of cold water, add 2 tablespoons of salt and bring to a simmer over medium heat. Cook the potatoes until tender, but still firm, about 40 minutes. The potatoes must be cooked through and fork tender, but still holding their shape.
- ☐ Drain and put on a cutting board.
- ☐ Let cool, then cut each potato lengthwise into 8 wedges.
- ☐ Heat grill to medium-high.
- ☐ Brush the potatoes with the canola oil and season with salt and pepper, to taste. Grill until golden brown and cooked through, about 2 to 3 minutes per side.
- ☐ Transfer to a serving bowl.
- ☐ Heat the olive oil in a small saucepan until it begins to shimmer.
- ☐ Remove from the heat and immediately add the garlic, red chili flakes and parsley and let sit for 1 minute. Season the oil with salt and pepper, to taste, and drizzle over the potatoes.
- ☐ Sprinkle with the cheese and serve immediately.

Nutrition Facts



Properties

Glycemic Index:51.44, Glycemic Load:45.72, Inflammation Score:-6, Nutrition Score:20.318695605449%

Flavonoids

Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 565.09kcal (28.25%), Fat: 33.93g (52.2%), Saturated Fat: 4.63g (28.97%), Carbohydrates: 59.04g (19.68%), Net Carbohydrates: 54.65g (19.87%), Sugar: 2.09g (2.33%), Cholesterol: 4.25mg (1.42%), Sodium: 121.01mg (5.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.35g (18.71%), Vitamin K: 88.51µg (84.29%), Vitamin B6: 1.14mg (57.11%), Potassium: 1371.81mg (39.19%), Vitamin E: 5.17mg (34.44%), Vitamin C: 23.9mg (28.97%), Manganese: 0.56mg (28.07%), Phosphorus: 225.25mg (22.53%), Magnesium: 79.03mg (19.76%), Vitamin B1: 0.27mg (18.17%), Iron: 3.2mg (17.79%), Fiber: 4.39g (17.57%), Copper: 0.35mg (17.3%), Vitamin B3: 3.4mg (17.02%), Folate: 50.99µg (12.75%), Calcium: 125.82mg (12.58%), Vitamin B5: 1.02mg (10.21%), Vitamin A: 405.72IU (8.11%), Vitamin B2: 0.13mg (7.86%), Zinc: 1.17mg (7.81%), Selenium: 3.04µg (4.34%), Vitamin B12: 0.08µg (1.25%)