



Grilled Potato Wedges with Smoked Paprika Mayonnaise Dressing

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN

ready

20 min.

SERVINGS

servings

6

CALORIES

calories

474 kcal

SIDE DISH

Ingredients

- ☐ 6 servings canola oil for brushing
- ☐ 2 tablespoons dijon mustard
- ☐ 1 Handful flat-leaf parsley leaves for garnish
- ☐ 2 juice of lemon
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup olive oil extra-virgin plus more for garnish

- ☐ 4 large russet potatoes cut into wedges and par-cooked
- ☐ 2 tablespoons sherry vinegar
- ☐ 2 tablespoons paprika smoked

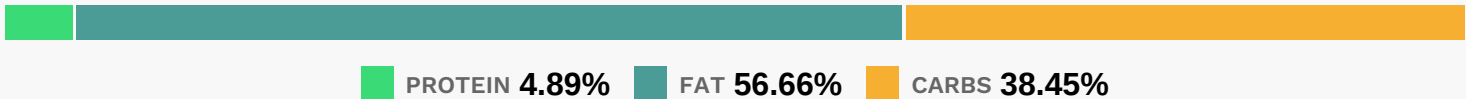
Equipment

- ☐ whisk
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat a charcoal or gas grill to high heat.
- ☐ Brush the potato wedges with oil, sprinkle with salt and pepper and grill until nicely charred and cooked through, 2 to 3 minutes per side.
- ☐ While the potatoes are grilling, whisk together the mayonnaise, mustard, sherry vinegar and grilled lemon juice.
- ☐ Whisk in the olive oil. Season with salt and a generous amount of pepper.
- ☐ Pull the potatoes from the grill to a platter and dust with smoked paprika.
- ☐ Drizzle the sauce over the warm potatoes and scatter the parsley over the top.;

Nutrition Facts



Properties

Glycemic Index:40.96, Glycemic Load:35.09, Inflammation Score:-8, Nutrition Score:16.195652031056%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 474.4kcal (23.72%), Fat: 30.68g (47.2%), Saturated Fat: 3.5g (21.86%), Carbohydrates: 46.84g (15.61%), Net Carbohydrates: 42.54g (15.47%), Sugar: 2.15g (2.39%), Cholesterol: 3.92mg (1.31%), Sodium: 129.23mg (5.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.96g (11.93%), Vitamin K: 48.09µg (45.8%), Vitamin B6: 0.91mg (45.42%), Vitamin E: 4.79mg (31.96%), Potassium: 1105.75mg (31.59%), Vitamin A: 1218.64IU (24.37%), Manganese: 0.46mg (23.11%), Vitamin C: 18.84mg (22.84%), Fiber: 4.3g (17.22%), Magnesium: 64.53mg (16.13%), Iron: 2.84mg (15.78%), Phosphorus: 151.73mg (15.17%), Vitamin B1: 0.22mg (14.86%), Vitamin B3: 2.83mg (14.14%), Copper: 0.28mg (14%), Folate: 39.43µg (9.86%), Vitamin B5: 0.85mg (8.47%), Vitamin B2: 0.12mg (6.9%), Zinc: 0.88mg (5.84%), Selenium: 3.06µg (4.37%), Calcium: 43.57mg (4.36%)