



WHATSheATE



Grilled Potatoes with Crabmeat-Green Onion Dressing



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



402 kcal

SIDE DISH

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 6 servings canola oil for brushing
- ☐ 6 servings cayenne powder
- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 4 green onions thinly sliced green and pale green parts
- ☐ 6 servings kosher salt

- ☐ 8 ounces lump crab meat
- ☐ 2 tablespoons mayonnaise
- ☐ 0.5 cup olive oil
- ☐ 6 russet potatoes
- ☐ 0.3 cup citrus champagne vinegar

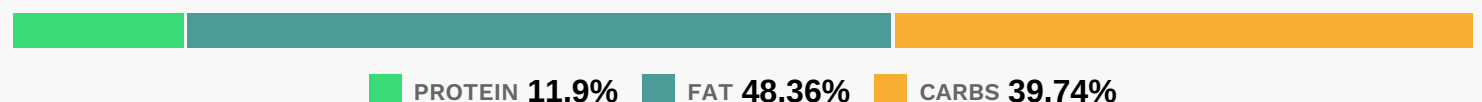
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ grill

Directions

- ☐ Place the potatoes in a large pot, cover with cold water by 2 inches and add 2 tablespoons salt. Bring to a boil and cook until a knife inserted into the center of the potato meets no resistance, about 15 minutes.
- ☐ Drain and let cool slightly.
- ☐ Whisk together the vinegar, mayonnaise and mustard in a medium bowl and season with salt and pepper. Slowly whisk in the olive oil until emulsified. Fold in the crab, half the green onions and the parsley. Season with salt and pepper.
- ☐ Heat a grill to medium-high.
- ☐ Slice the potatoes in half lengthwise, brush the flesh with canola oil and season with salt, pepper and little cayenne.
- ☐ Put the potatoes on the grill, flesh-side down, and grill until golden brown, about 5 minutes.
- ☐ Remove the potatoes to a platter. Break up the flesh a bit with a fork. Immediately spoon the dressing over the potatoes and garnish with the remaining green onions.

Nutrition Facts



Properties

Glycemic Index:49.13, Glycemic Load:30.65, Inflammation Score:-8, Nutrition Score:22.342608806718%

Flavonoids

Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 402.35kcal (20.12%), Fat: 22.04g (33.91%), Saturated Fat: 2.25g (14.05%), Carbohydrates: 40.75g (13.58%), Net Carbohydrates: 36.91g (13.42%), Sugar: 1.83g (2.04%), Cholesterol: 17.84mg (5.95%), Sodium: 609.24mg (26.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.2g (24.41%), Vitamin K: 82.99µg (79.04%), Vitamin B12: 3.41µg (56.79%), Vitamin B6: 0.85mg (42.59%), Potassium: 1055.25mg (30.15%), Copper: 0.59mg (29.64%), Vitamin C: 21.21mg (25.71%), Vitamin E: 3.82mg (25.47%), Selenium: 16.65µg (23.79%), Vitamin A: 1140.89IU (22.82%), Manganese: 0.44mg (22.17%), Phosphorus: 217.54mg (21.75%), Zinc: 3.02mg (20.12%), Magnesium: 76.42mg (19.11%), Fiber: 3.84g (15.38%), Iron: 2.65mg (14.72%), Folate: 58.09µg (14.52%), Vitamin B3: 2.9mg (14.49%), Vitamin B1: 0.21mg (14.27%), Vitamin B5: 0.81mg (8.14%), Vitamin B2: 0.12mg (6.95%), Calcium: 61.97mg (6.2%)