



Grilled Potatoes With Garlic

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



383 kcal

SIDE DISH

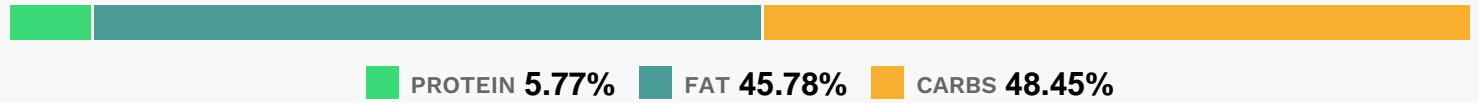
Ingredients

- 30 g butter melted
- 1 tablespoon parsley fresh chopped
- 1 tablespoon rosemary leaves fresh chopped
- 2 garlic clove crushed
- 1 teaspoon coarse mustard
- 2 teaspoons juice of lemon
- 0.3 cup olive oil
- 5 medium potatoes peeled

4 servings salt

Equipment

Nutrition Facts



Properties

Glycemic Index:56.94, Glycemic Load:34.21, Inflammation Score:-6, Nutrition Score:15.684782608696%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 2.15mg, Kaempferol: 2.15mg, Kaempferol: 2.15mg, Kaempferol: 2.15mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 382.69kcal (19.13%), Fat: 19.92g (30.64%), Saturated Fat: 5.81g (36.3%), Carbohydrates: 47.42g (15.81%), Net Carbohydrates: 41.37g (15.04%), Sugar: 2.19g (2.43%), Cholesterol: 16.13mg (5.38%), Sodium: 272.98mg (11.87%), Protein: 5.65g (11.29%), Vitamin C: 55.33mg (67.07%), Vitamin B6: 0.81mg (40.44%), Potassium: 1142.23mg (32.64%), Vitamin K: 30.16µg (28.72%), Fiber: 6.05g (24.22%), Manganese: 0.44mg (22.24%), Magnesium: 63.47mg (15.87%), Phosphorus: 158.32mg (15.83%), Copper: 0.3mg (14.83%), Vitamin B1: 0.22mg (14.69%), Vitamin E: 2.16mg (14.41%), Vitamin B3: 2.85mg (14.23%), Iron: 2.3mg (12.77%), Folate: 45.52µg (11.38%), Vitamin B5: 0.82mg (8.2%), Vitamin A: 292.78IU (5.86%), Zinc: 0.82mg (5.48%), Vitamin B2: 0.09mg (5.43%), Calcium: 40.62mg (4.06%), Selenium: 1.52µg (2.17%)