



Grilled red onion & potato salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



269 kcal

SIDE DISH

Ingredients

- ☐ 900 g potatoes halved
- ☐ 6 tbsp olive oil
- ☐ 3 tbsp balsamic vinegar
- ☐ 3 onion whole red peeled sliced into finger-thick slices
- ☐ 2 handfuls parsley roughly chopped

Equipment

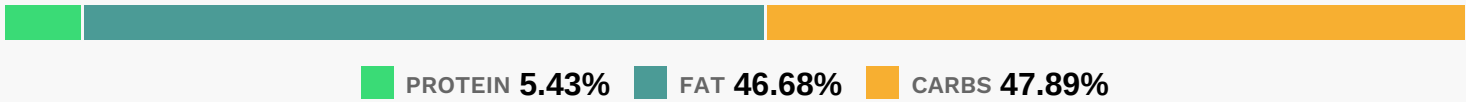
- ☐ bowl
- ☐ frying pan

☐ grill

Directions

- ☐ Boil the potatoes in a large pan of salted water for about 10 mins until just cooked. In a large bowl, stir the oil and vinegar together with some salt and pepper. While the barbecue is still hot, grill the onion slices for 5 mins on each side until lightly charred. Toss the hot onions, separating them into rings, in the dressing.
- ☐ Toss the potatoes in a small drizzle of oil and grill on the barbecue, cut side down, for about 5 mins until browned, then toss with the onions.
- ☐ Mix in the parsley and serve.

Nutrition Facts



Properties

Glycemic Index:32.13, Glycemic Load:21.01, Inflammation Score:-6, Nutrition Score:10.982174012972%

Flavonoids

Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 12.22mg, Quercetin: 12.22mg, Quercetin: 12.22mg, Quercetin: 12.22mg

Nutrients (% of daily need)

Calories: 268.78kcal (13.44%), Fat: 14.2g (21.85%), Saturated Fat: 2g (12.47%), Carbohydrates: 32.79g (10.93%), Net Carbohydrates: 28.51g (10.37%), Sugar: 4.71g (5.23%), Cholesterol: 0mg (0%), Sodium: 14.07mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.43%), Vitamin C: 35.39mg (42.9%), Vitamin K: 33.36µg (31.78%), Vitamin B6: 0.51mg (25.49%), Potassium: 728.29mg (20.81%), Fiber: 4.28g (17.12%), Manganese: 0.31mg (15.65%), Vitamin E: 2.05mg (13.68%), Magnesium: 41.63mg (10.41%), Phosphorus: 103.74mg (10.37%), Vitamin B1: 0.15mg (9.76%), Copper: 0.19mg (9.38%), Folate: 36.48µg (9.12%), Iron: 1.5mg (8.36%), Vitamin B3: 1.66mg (8.31%), Vitamin B5: 0.52mg (5.17%), Vitamin B2: 0.06mg (3.77%), Zinc: 0.55mg (3.66%), Calcium: 34.79mg (3.48%), Vitamin A: 116.42IU (2.33%), Selenium: 0.73µg (1.04%)