



Grilled Red Potatoes with Mint



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



139 kcal

SIDE DISH

Ingredients



1 teaspoon kosher salt



0.3 cup mint leaves thinly sliced



2 teaspoons olive oil



1.5 pounds potatoes red

Equipment



grill



tongs

Directions

- ☐ Preheat grill to medium-high heat. Toss 1 1/2 pounds small red potatoes with 1 teaspoon kosher salt and 2 teaspoons olive oil.
- ☐ Place potatoes 1/4 inch apart on grill rack coated with cooking spray. Grill 15 minutes; turn over with tongs. Grill 15 minutes or until done. Cool slightly.
- ☐ Cut potatoes in half; toss with 1/3 cup thinly sliced mint leaves.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:7.8456522278164%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 139.37kcal (6.97%), Fat: 2.27g (3.5%), Saturated Fat: 0.34g (2.15%), Carbohydrates: 27.6g (9.2%), Net Carbohydrates: 24.41g (8.88%), Sugar: 2.19g (2.44%), Cholesterol: 0mg (0%), Sodium: 613.19mg (26.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.71%), Potassium: 795.42mg (22.73%), Vitamin C: 15.82mg (19.18%), Vitamin B6: 0.29mg (14.7%), Manganese: 0.29mg (14.27%), Fiber: 3.19g (12.77%), Copper: 0.24mg (12.04%), Phosphorus: 106.5mg (10.65%), Magnesium: 40.44mg (10.11%), Vitamin B3: 2.02mg (10.09%), Vitamin B1: 0.14mg (9.39%), Folate: 34.89µg (8.72%), Iron: 1.45mg (8.05%), Vitamin K: 6.14µg (5.84%), Vitamin B5: 0.49mg (4.87%), Zinc: 0.6mg (4.03%), Vitamin B2: 0.06mg (3.69%), Vitamin A: 171.21IU (3.42%), Calcium: 26.5mg (2.65%), Vitamin E: 0.31mg (2.03%), Selenium: 0.85µg (1.22%)