



Grilled Savory Cheese Potatoes

 Gluten Free

READY IN



30 min.

SERVINGS



5

CALORIES



325 kcal

SIDE DISH

Ingredients

- ☐ 4 cups potatoes frozen with onions and peppers (from 24-oz bag)
- ☐ 0.5 cup ranch dressing
- ☐ 4 oz processed cheese food shredded
- ☐ 2 tablespoons parmesan cheese grated

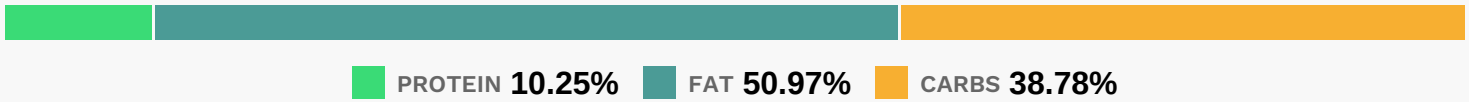
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat gas or charcoal grill. Spray 1 (18x18-inch) sheet of heavy-duty foil with cooking spray.
- ☐ Place potatoes on center of foil.
- ☐ Drizzle with dressing; mix gently.
- ☐ Sprinkle with cheese blend.
- ☐ Bring up 2 sides of foil over potatoes so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.
- ☐ Place packet on grill over medium heat. Cover grill; cook 20 to 25 minutes, rotating packet occasionally, until potatoes are tender.
- ☐ Place packet on serving platter.
- ☐ Cut large X across top of packet; carefully fold back foil.
- ☐ Sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:22.15, Glycemic Load:21.71, Inflammation Score:-5, Nutrition Score:13.707826007967%

Flavonoids

Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 325.12kcal (16.26%), Fat: 18.6g (28.62%), Saturated Fat: 6.12g (38.25%), Carbohydrates: 31.85g (10.62%), Net Carbohydrates: 28.16g (10.24%), Sugar: 2.95g (3.28%), Cholesterol: 30.66mg (10.22%), Sodium: 640.3mg (27.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.41g (16.83%), Vitamin C: 33.1mg (40.12%), Vitamin K: 35.98µg (34.26%), Phosphorus: 298.46mg (29.85%), Calcium: 281.56mg (28.16%), Vitamin B6: 0.52mg (25.83%), Potassium: 756.26mg (21.61%), Fiber: 3.7g (14.78%), Manganese: 0.28mg (13.91%), Magnesium: 46.44mg (11.61%), Copper: 0.2mg (9.86%), Vitamin B1: 0.14mg (9.46%), Selenium: 6.63µg (9.46%), Vitamin B3: 1.8mg (9.01%), Iron: 1.53mg (8.52%), Vitamin B2: 0.13mg (7.92%), Vitamin B5: 0.79mg (7.87%), Zinc: 1.18mg (7.86%), Folate: 29.77µg (7.44%), Vitamin B12: 0.41µg (6.8%), Vitamin E: 0.74mg (4.94%), Vitamin A: 244.1IU (4.88%), Vitamin D: 0.17µg (1.13%)