



Grilled Smashed Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



267 kcal

SIDE DISH

Ingredients

- 2 garlic cloves minced
- 2 tablespoons juice of lemon fresh
- 0.3 cup olive oil extra-virgin
- 3 pounds potatoes red scrubbed
- 6 servings salt and pepper freshly ground

Equipment

- bowl
- sauce pan

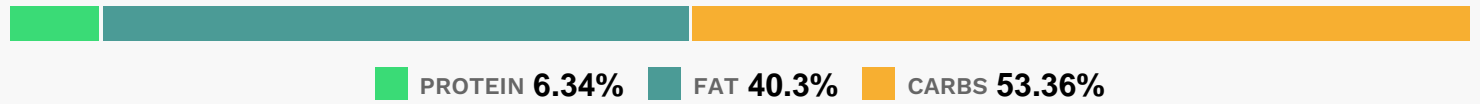
whisk

grill

Directions

- In a large saucepan of boiling salted water, cook the potatoes until just tender, about 12 minutes.
- Drain and let cool. Using the heel of your hand, slightly flatten each potato; be careful to keep the potatoes intact.
- Light a grill. In a small bowl, whisk the olive oil with the lemon juice and garlic. Season with salt and pepper.
- Brush the potatoes generously with the dressing and sprinkle with salt.
- Grill the potatoes over a medium-hot fire until crisp and browned, about 3 minutes per side.
- Serve at once.
- Make Ahead: The smashed boiled potatoes can be refrigerated for up to 3 days. Bring the potatoes to room temperature before grilling.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.09, Inflammation Score:-4, Nutrition Score:10.506521690151%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 267.43kcal (13.37%), Fat: 12.33g (18.98%), Saturated Fat: 1.74g (10.86%), Carbohydrates: 36.74g (12.25%), Net Carbohydrates: 32.85g (11.94%), Sugar: 3.06g (3.4%), Cholesterol: 0mg (0%), Sodium: 235.07mg (10.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.74%), Potassium: 1041.24mg (29.75%), Vitamin C: 21.75mg (26.37%), Vitamin B6: 0.4mg (20.01%), Manganese: 0.34mg (16.88%), Fiber: 3.89g (15.57%), Copper:

0.31mg (15.39%), Phosphorus: 140.28mg (14.03%), Vitamin K: 13.82µg (13.16%), Vitamin B3: 2.62mg (13.09%),
Magnesium: 50.45mg (12.61%), Vitamin B1: 0.19mg (12.46%), Vitamin E: 1.76mg (11.73%), Folate: 41.85µg (10.46%),
Iron: 1.75mg (9.7%), Vitamin B5: 0.65mg (6.45%), Zinc: 0.76mg (5.09%), Vitamin B2: 0.07mg (4.24%), Calcium:
25.03mg (2.5%), Selenium: 1.28µg (1.83%)