



Grilled Smoky Cheddar Potatoes Foil Pack

 **Gluten Free**

READY IN



70 min.

SERVINGS



4

CALORIES



348 kcal

SIDE DISH

Ingredients

- 4 medium potatoes cut into 1-inch chunks
- 0.5 teaspoon salt
- 2 tablespoons butter
- 4 ounces cheddar cheese shredded
- 2 tablespoons bacon bits
- 2 tablespoons spring onion sliced

Equipment

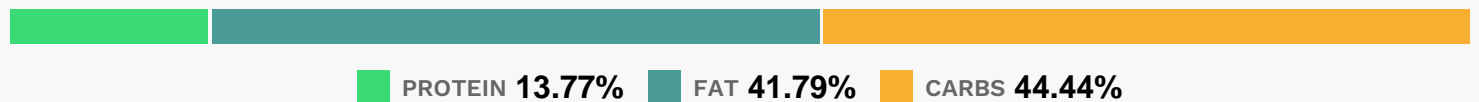
- grill

aluminum foil

Directions

- Heat coals or gas grill for direct heat.
- Place potatoes on 30x18-inch piece of heavy-duty foil.
- Sprinkle with salt. Dot with butter.
- Sprinkle with cheese and bacon chips.
- Wrap foil securely around potatoes; pierce top of foil once or twice with fork to vent steam. Cover and grill foil packet, seam side up, 4 to 6 inches from medium heat 45 to 60 minutes or until potatoes are tender.
- Sprinkle with onions.

Nutrition Facts



Properties

Glycemic Index:35.69, Glycemic Load:27.47, Inflammation Score:-6, Nutrition Score:15.209565074547%

Flavonoids

Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 347.63kcal (17.38%), Fat: 16.38g (25.2%), Saturated Fat: 6.81g (42.57%), Carbohydrates: 39.19g (13.06%), Net Carbohydrates: 34.07g (12.39%), Sugar: 1.82g (2.03%), Cholesterol: 28.35mg (9.45%), Sodium: 617.31mg (26.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.15g (24.29%), Vitamin C: 42.61mg (51.64%), Vitamin B6: 0.65mg (32.66%), Potassium: 934.91mg (26.71%), Phosphorus: 261.57mg (26.16%), Calcium: 233.97mg (23.4%), Fiber: 5.12g (20.48%), Manganese: 0.33mg (16.71%), Magnesium: 60.79mg (15.2%), Vitamin B1: 0.2mg (13.46%), Copper: 0.26mg (13.05%), Selenium: 8.94µg (12.77%), Vitamin B2: 0.2mg (11.8%), Vitamin B3: 2.33mg (11.67%), Folate: 46.47µg (11.62%), Zinc: 1.74mg (11.57%), Vitamin A: 568.62IU (11.37%), Vitamin K: 10.94µg (10.42%), Iron: 1.78mg (9.88%), Vitamin B5: 0.76mg (7.56%), Vitamin B12: 0.35µg (5.83%), Vitamin E: 0.71mg (4.73%), Vitamin D: 0.17µg (1.13%)