



Grilled Three-Potato Medley



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



162 kcal

SIDE DISH

Ingredients

- ☐ 4 small potatoes – remove skin red cut into 3/4-inch pieces
- ☐ 4 small yukon gold potatoes cut into 3/4-inch pieces
- ☐ 1 medium russet peeled cut into 3/4-inch pieces
- ☐ 3 tablespoons dijon honey mustard
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon vegetable oil
- ☐ 1 teaspoon sage fresh chopped
- ☐ 0.5 teaspoon salt

- ☐ 1 small bell pepper green cut into 1-inch pieces
- ☐ 1 large onion cut into thin wedges

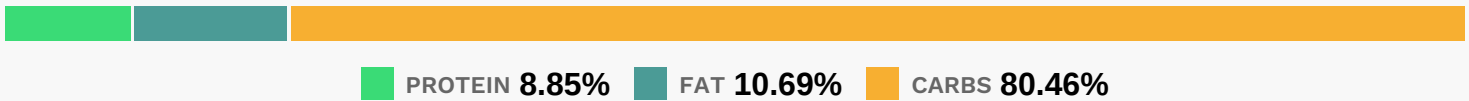
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ grill
- ☐ microwave

Directions

- ☐ Heat coals or gas grill for direct heat.
- ☐ Place all potato pieces in shallow microwavable dish. Cover with microwavable plastic wrap, folding back one edge or corner 1/4 inch to vent steam. Microwave on High 8 to 10 minutes, stirring once after 4 minutes, until tender. Cool slightly.
- ☐ Meanwhile, mix barbecue sauce, lemon juice, oil, sage and salt in medium bowl. Stir in potatoes, bell pepper and onion.
- ☐ Place in grill basket.
- ☐ Cover and grill vegetables 4 to 6 inches from medium heat 10 to 15 minutes, stirring 2 or 3 times, until potatoes are tender and lightly browned.

Nutrition Facts



Properties

Glycemic Index:16.97, Glycemic Load:11.28, Inflammation Score:-4, Nutrition Score:10.79521727562%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg

Nutrients (% of daily need)

Calories: 161.64kcal (8.08%), Fat: 1.95g (3%), Saturated Fat: 0.33g (2.08%), Carbohydrates: 32.97g (10.99%), Net Carbohydrates: 29.15g (10.6%), Sugar: 3.95g (4.39%), Cholesterol: 0mg (0%), Sodium: 194.93mg (8.48%), Alcohol: 0.04g (100%), Alcohol %: 0.03% (100%), Protein: 3.63g (7.25%), Copper: 0.98mg (48.87%), Vitamin C: 33.61mg (40.73%), Potassium: 791.19mg (22.61%), Vitamin B6: 0.44mg (21.97%), Manganese: 0.31mg (15.54%), Fiber: 3.81g (15.26%), Phosphorus: 107.83mg (10.78%), Magnesium: 41.59mg (10.4%), Vitamin B1: 0.15mg (10.13%), Vitamin B3: 1.94mg (9.7%), Folate: 33.76µg (8.44%), Iron: 1.39mg (7.7%), Vitamin K: 7.97µg (7.59%), Vitamin B5: 0.52mg (5.23%), Zinc: 0.58mg (3.85%), Vitamin B2: 0.06mg (3.64%), Calcium: 25.78mg (2.58%), Vitamin E: 0.2mg (1.31%), Selenium: 0.78µg (1.11%)