



Grilled Yukon Gold Potatoes with Rosemary-Lemon-Garlic Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



380 kcal

SIDE DISH

Ingredients

- 4 servings pepper black freshly ground
- 0.3 cup canola oil
- 1 tablespoon dijon mustard
- 2 tablespoons rosemary leaves fresh chopped
- 2 juice of lemon juiced
- 1 teaspoon lemon zest
- 0.5 cup olive oil extra-virgin

- 1 Sprigs parsley fresh for garnish
- 4 cloves roasted garlic
- 4 servings salt
- 6 large yukon gold potatoes scrubbed

Equipment

- pot
- blender
- grill

Directions

- Place the potatoes in a large pot of cold water, add 2 tablespoons of salt and cook until potatoes are tender, but still firm, 12 to 15 minutes.
- Drain, let cool then cut each potato into rounds and wedges. Potatoes can be made up to 2 days in advance and refrigerated and cut just before grilling.
- While the potatoes are cooking, combine the zest, juice, garlic, mustard, rosemary and salt and pepper in a blender and blend until smooth. With the motor running, slowly add the extra-virgin olive oil and blend until emulsified. Can be made 1 day in advance and refrigerated. Bring to room temperature before using.
- Heat the grill to high.
- Brush the potatoes on both sides with the canola oil and season with salt and pepper.
- Place the potatoes on the grill, cut side down and cook until golden brown, 4 to 5 minutes. Turn the potatoes over, and continue grilling until just cooked through, about 5 minutes longer.
- Remove the potatoes and cut each half in half lengthwise and then crosswise into 1-inch pieces.
- Transfer to a platter and immediately drizzle with the vinaigrette and toss to combine.
- Garnish with parsley sprigs.

Nutrition Facts



■ PROTEIN **5.76%** ■ FAT **45.88%** ■ CARBS **48.36%**

Properties

Glycemic Index:52.44, Glycemic Load:32.92, Inflammation Score:-6, Nutrition Score:15.709130256072%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 379.79kcal (18.99%), Fat: 19.87g (30.57%), Saturated Fat: 1.89g (11.81%), Carbohydrates: 47.14g (15.71%), Net Carbohydrates: 41.04g (14.92%), Sugar: 2.47g (2.75%), Cholesterol: 0mg (0%), Sodium: 251.56mg (10.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.22%), Vitamin C: 58.19mg (70.53%), Vitamin B6: 0.8mg (40.18%), Potassium: 1116.94mg (31.91%), Fiber: 6.11g (24.43%), Manganese: 0.48mg (24.05%), Vitamin E: 3.3mg (21.97%), Vitamin K: 22.45µg (21.38%), Magnesium: 63.39mg (15.85%), Phosphorus: 156.21mg (15.62%), Vitamin B1: 0.22mg (14.78%), Copper: 0.29mg (14.74%), Vitamin B3: 2.76mg (13.79%), Iron: 2.24mg (12.44%), Folate: 45.7µg (11.43%), Vitamin B5: 0.82mg (8.16%), Zinc: 0.82mg (5.47%), Vitamin B2: 0.09mg (5.41%), Calcium: 44.09mg (4.41%), Selenium: 2.49µg (3.56%), Vitamin A: 60.03IU (1.2%)