



Italian Grilled Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



211 kcal

SIDE DISH

Ingredients

- ☐ 1.3 cups dressing italian divided
- ☐ 0.3 teaspoon pepper
- ☐ 6 medium potatoes
- ☐ 0.3 teaspoon salt

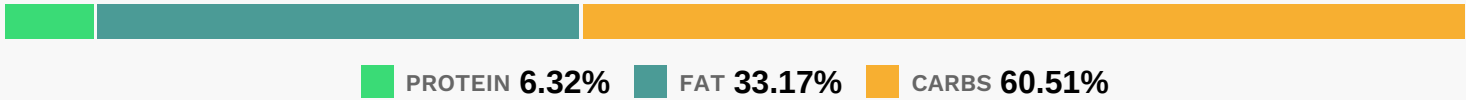
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Cut potatoes diagonally into 1/4-inch-thick slices.
- ☐ Sprinkle with salt and pepper; place in a heavy-duty zip-top plastic bag.
- ☐ Add 3/4 cup dressing, shaking to coat.
- ☐ Coat food rack with vegetable cooking spray; place on grill over medium-high heat (350 to 400).
- ☐ Drain potato; place on rack. Grill, covered with grill lid, 20 minutes or until tender, turning occasionally and basting with remaining dressing.

Nutrition Facts



Properties

Glycemic Index:14.47, Glycemic Load:20.44, Inflammation Score:-3, Nutrition Score:9.3039130374141%

Flavonoids

Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 211.29kcal (10.56%), Fat: 7.89g (12.14%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 32.39g (10.8%), Net Carbohydrates: 28.86g (10.49%), Sugar: 5.21g (5.79%), Cholesterol: 0mg (0%), Sodium: 446.89mg (19.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.77%), Vitamin C: 31.62mg (38.32%), Vitamin B6: 0.49mg (24.75%), Vitamin K: 23.7µg (22.57%), Potassium: 704.24mg (20.12%), Fiber: 3.53g (14.12%), Manganese: 0.26mg (13.2%), Phosphorus: 96.66mg (9.67%), Magnesium: 38.69mg (9.67%), Copper: 0.18mg (9.02%), Vitamin B1: 0.14mg (9.01%), Vitamin B3: 1.73mg (8.66%), Iron: 1.35mg (7.49%), Folate: 25.57µg (6.39%), Vitamin E: 0.82mg (5.47%), Vitamin B5: 0.47mg (4.74%), Zinc: 0.49mg (3.27%), Vitamin B2: 0.05mg (3.01%), Calcium: 24.27mg (2.43%), Selenium: 1.22µg (1.74%)