



Lemony Grilled Potato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



56 min.

SERVINGS



6

CALORIES



193 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon capers
- ☐ 3 tablespoons basil fresh chopped
- ☐ 2 tablespoons chives fresh chopped
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 3 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 1 bell pepper red seeded cut in half and
- ☐ 1 small onion red cut into 1/2-inch-thick slices

- ☐ 0.8 teaspoon salt
- ☐ 2 pounds yukon gold potatoes

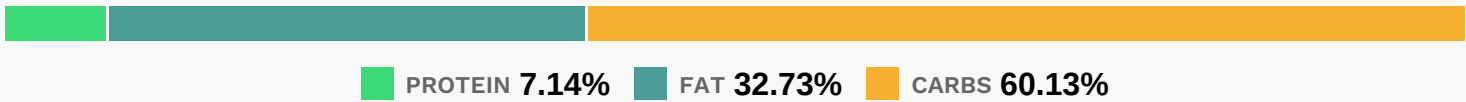
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Place potatoes in a large saucepan; cover with water. Bring to a boil. Reduce heat, and simmer 15 minutes or until tender; drain. Cool slightly.
- ☐ Cut potatoes in half.
- ☐ Combine potatoes and 2 teaspoons oil in a large bowl, and toss well to coat.
- ☐ Brush onion and bell pepper evenly with 1 teaspoon oil.
- ☐ Place potatoes, onion, and bell pepper on a grill rack coated with cooking spray; grill 5 minutes on each side or until tender.
- ☐ Remove vegetables from grill; cool slightly.
- ☐ Cut bell pepper into thin strips.
- ☐ Cut onion slices into quarters.
- ☐ Combine remaining 2 tablespoons olive oil, basil, and remaining ingredients in a large bowl, stirring with a whisk.
- ☐ Add vegetables to bowl; toss to coat.

Nutrition Facts



Properties

Glycemic Index:48.29, Glycemic Load:19.99, Inflammation Score:-7, Nutrition Score:11.840434919233%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg

Nutrients (% of daily need)

Calories: 193.26kcal (9.66%), Fat: 7.25g (11.16%), Saturated Fat: 1.03g (6.45%), Carbohydrates: 29.98g (9.99%), Net Carbohydrates: 25.83g (9.39%), Sugar: 3g (3.34%), Cholesterol: 0mg (0%), Sodium: 310.82mg (13.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.12%), Vitamin C: 60.21mg (72.98%), Vitamin B6: 0.53mg (26.62%), Potassium: 720.16mg (20.58%), Fiber: 4.15g (16.6%), Manganese: 0.3mg (15.25%), Vitamin A: 722.02IU (14.44%), Vitamin K: 14.63µg (13.93%), Magnesium: 40.76mg (10.19%), Folate: 40.12µg (10.03%), Phosphorus: 98.56mg (9.86%), Vitamin B1: 0.14mg (9.54%), Vitamin B3: 1.83mg (9.17%), Copper: 0.18mg (9.15%), Vitamin E: 1.37mg (9.1%), Iron: 1.41mg (7.85%), Vitamin B5: 0.55mg (5.49%), Vitamin B2: 0.07mg (4.34%), Zinc: 0.54mg (3.6%), Calcium: 27.64mg (2.76%)