

## Leslie's Salty Grilled Potatoes

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



281 kcal

SIDE DISH

### Ingredients

- 4 tablespoons butter softened
- 4 tablespoons coarse salt
- 2 tablespoons garlic powder
- 1 tablespoon pepper
- 4 medium potatoes

### Equipment

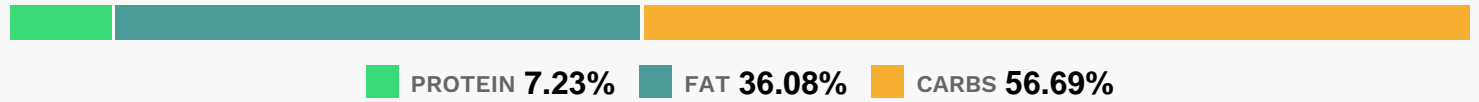
- knife
- grill

aluminum foil

## Directions

- Preheat an outdoor grill for medium–low heat.
- Prepare four foil squares large enough to fold over one potato each.
- Spread butter onto foil in a large enough area that the potato will be completely covered when rolled up.
- Sprinkle salt, garlic, pepper, and Italian seasoning evenly over foil.
- Roll each potato in the foil; puncture the package (including the potato) with a fork or knife a few times.
- Grill for 1 hour, or until soft, turning the potatoes often.
- Serve with your favorite toppings.

## Nutrition Facts



## Properties

Glycemic Index:42.69, Glycemic Load:27.56, Inflammation Score:-6, Nutrition Score:12.705217316099%

## Flavonoids

Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

## Nutrients (% of daily need)

Calories: 281.39kcal (14.07%), Fat: 11.62g (17.88%), Saturated Fat: 7.28g (45.51%), Carbohydrates: 41.09g (13.7%), Net Carbohydrates: 35.66g (12.97%), Sugar: 1.78g (1.97%), Cholesterol: 30.1mg (10.03%), Sodium: 7081.94mg (307.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.24g (10.48%), Vitamin C: 42.01mg (50.92%), Vitamin B6: 0.7mg (34.96%), Manganese: 0.57mg (28.72%), Potassium: 969.18mg (27.69%), Fiber: 5.43g (21.7%), Phosphorus: 143.7mg (14.37%), Copper: 0.28mg (13.84%), Magnesium: 55.1mg (13.77%), Vitamin B1: 0.19mg (12.67%), Iron: 2.1mg (11.64%), Vitamin B3: 2.3mg (11.5%), Folate: 36.63µg (9.16%), Vitamin A: 362.33IU (7.25%), Vitamin K: 7.5µg (7.14%), Vitamin B5: 0.7mg (6.97%), Zinc: 0.79mg (5.24%), Vitamin B2: 0.08mg (4.78%), Calcium: 43.04mg (4.3%), Selenium: 1.83µg (2.61%), Vitamin E: 0.39mg (2.59%)