



Mustard Aioli Grilled Potatoes with Fine Herbs



Vegetarian



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



285 kcal

SIDE DISH

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 1 tablespoon dijon mustard
- ☐ 1 tablespoon chives fresh finely chopped
- ☐ 2 tablespoons flat-leaf parsley fresh finely chopped
- ☐ 1 tablespoon tarragon fresh finely chopped
- ☐ 2 cloves garlic smashed
- ☐ 1 teaspoon honey
- ☐ 2 tablespoons kosher salt plus more for sprinkling

- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.5 cup mayonnaise
- ☐ 1 tablespoon grain mustard whole
- ☐ 2.5 pounds baby yukon gold potatoes scrubbed

Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ grill
- ☐ skewers

Directions

- ☐ Watch how to make this recipe.
- ☐ Whisk the mayonnaise, Dijon mustard, whole grain mustard, honey and garlic and sprinkle with salt and pepper Cover the bowl and refrigerate for at least 30 minutes and up to 1 day.
- ☐ Put the potatoes in a pot and cover with cold water by 2 inches.
- ☐ Add the salt and bring to a boil over high heat. Cook the potatoes until a skewer inserted into the center of each potato meets with some resistance, 12 to 15 minutes.
- ☐ Drain well and cool slightly.
- ☐ Preheat the grill to medium for direct heat.
- ☐ Cut the potatoes in half, toss with some of the mustard aioli and sprinkle with salt.
- ☐ Place the potatoes cut-side down on the grill and grill until lightly golden brown, about 3 minutes. Flip the potatoes and grill until golden brown and just cooked through, about 3 minutes.
- ☐ Transfer the potatoes to a platter and sprinkle with the parsley, chives, tarragon, salt and pepper.
- ☐ Serve the potatoes with the remaining mustard aioli.

Nutrition Facts



 **PROTEIN 6.37%**  **FAT 44.7%**  **CARBS 48.93%**

Properties

Glycemic Index:81.84, Glycemic Load:25.23, Inflammation Score:-5, Nutrition Score:13.624347920003%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 285.12kcal (14.26%), Fat: 14.41g (22.17%), Saturated Fat: 2.27g (14.21%), Carbohydrates: 35.5g (11.83%), Net Carbohydrates: 30.91g (11.24%), Sugar: 2.64g (2.93%), Cholesterol: 7.84mg (2.61%), Sodium: 2512.09mg (109.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.62g (9.24%), Vitamin K: 57.37µg (54.64%), Vitamin C: 40.22mg (48.75%), Vitamin B6: 0.61mg (30.29%), Potassium: 858.76mg (24.54%), Manganese: 0.46mg (22.87%), Fiber: 4.59g (18.36%), Magnesium: 51.66mg (12.91%), Phosphorus: 123.66mg (12.37%), Iron: 2.12mg (11.79%), Copper: 0.23mg (11.5%), Vitamin B1: 0.17mg (11.28%), Vitamin B3: 2.16mg (10.78%), Folate: 37.36µg (9.34%), Vitamin B5: 0.62mg (6.23%), Vitamin B2: 0.09mg (5.1%), Calcium: 47.12mg (4.71%), Zinc: 0.69mg (4.62%), Vitamin E: 0.66mg (4.42%), Selenium: 2.92µg (4.17%), Vitamin A: 203.73IU (4.07%)