



Mustard Aioli-Grilled Potatoes with Fines Herbes

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



422 kcal

SIDE DISH

Ingredients

- 1 tablespoon dijon mustard
- 2 tablespoons parsley fresh finely chopped
- 1 tablespoon chives fresh finely chopped
- 1 tablespoon tarragon fresh finely chopped
- 2 garlic clove smashed
- 4 servings pepper black freshly ground
- 0.5 cup mayonnaise

- 1 tablespoon coarse mustard whole
- 2.5 pounds yukon gold potatoes scrubbed

Equipment

- bowl
- whisk
- pot
- grill
- skewers

Directions

- Whisk together the mayonnaise, garlic, and both mustards in a small bowl; season with salt and pepper. Cover the aioli and refrigerate for at least 30 minutes and up to 1 day.
- Put the potatoes in a pot, cover with cold water by 2 inches, and add 2 tablespoons salt. Bring to a boil over high heat and cook until a skewer inserted into the center of a potato meets some resistance, 15 to 20 minutes.
- Drain well and let cool slightly.
- Heat your grill to medium for direct grilling.
- Put the potatoes in a large bowl, toss with the aioli, and season with salt. Grill until golden brown on all sides, about 8 minutes.
- Transfer the potatoes to a platter, sprinkle with the fresh herbs, and season with salt and pepper.
- Reprinted with permission from Bobby Flay's Barbecue
- Addiction by Bobby Flay with Stephanie Banyas and Sally Jackson, © 2013 Clarkson Potter
- Bobby Flay, a New York Times bestselling author, is the chef-owner of six fine-dining restaurants, including Mesa Grill, Bar Americain, and Bobby Flay Steak, and numerous Bobby's Burger Palaces. He is the host of many popular cooking shows on Food Network, from the Emmy-winning Bobby Flay's Barbecue
- Addiction, Grill It! with Bobby Flay, and Boy Meets Grill, to the Iron Chef America series, Throwdown! with Bobby Flay, and Food Network Star

Nutrition Facts

PROTEIN 6.44% FAT 45.36% CARBS 48.2%

Properties

Glycemic Index:101.69, Glycemic Load:37.06, Inflammation Score:-7, Nutrition Score:20.264347872008%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 421.86kcal (21.09%), Fat: 21.61g (33.25%), Saturated Fat: 3.41g (21.3%), Carbohydrates: 51.68g (17.23%), Net Carbohydrates: 44.85g (16.31%), Sugar: 2.52g (2.8%), Cholesterol: 11.76mg (3.92%), Sodium: 279.81mg (12.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.9g (13.8%), Vitamin K: 85.73µg (81.64%), Vitamin C: 60.32mg (73.11%), Vitamin B6: 0.91mg (45.38%), Potassium: 1283.86mg (36.68%), Manganese: 0.65mg (32.51%), Fiber: 6.83g (27.32%), Magnesium: 77.02mg (19.25%), Phosphorus: 185.1mg (18.51%), Iron: 3.13mg (17.37%), Copper: 0.34mg (16.94%), Vitamin B1: 0.25mg (16.91%), Vitamin B3: 3.23mg (16.15%), Folate: 55.97µg (13.99%), Vitamin B5: 0.93mg (9.31%), Vitamin B2: 0.13mg (7.59%), Zinc: 1.02mg (6.83%), Calcium: 67.52mg (6.75%), Vitamin E: 0.99mg (6.61%), Selenium: 4.35µg (6.21%), Vitamin A: 304.5IU (6.09%)