



No Boo-Hoo Baked Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



182 kcal

SIDE DISH

Ingredients

- ☐ 24 ounces baking potatoes
- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon basil dried
- ☐ 1 tablespoon garlic minced
- ☐ 1 teaspoon kosher salt
- ☐ 4 teaspoons olive oil
- ☐ 0.5 cup onion chopped
- ☐ 0.5 teaspoon oregano dried

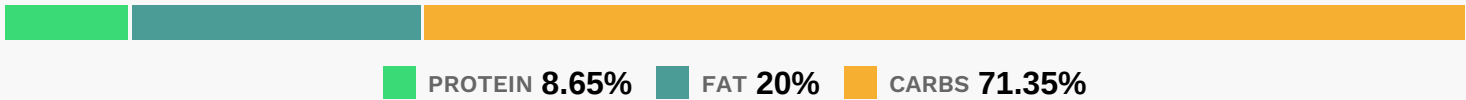
Equipment

- ☐ oven
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Prepare grill.
- ☐ Cut 1 potato lengthwise into quarters; place on a 12-inch square piece of foil.
- ☐ Brush cut sides of potato with 1 teaspoon oil.
- ☐ Sprinkle with 1/4 teaspoon basil, 1/4 teaspoon salt, 1/8 teaspoon oregano, and a dash of pepper. Top each with 2 tablespoons onion and 3/4 teaspoon garlic. Reassemble potato; tightly wrap potato in foil. Repeat procedure with remaining potatoes and ingredients. Nestle potatoes in coals or on briquettes; grill for 1 hour or until tender, turning every 15 minutes.
- ☐ Note: To prepare potatoes in a conventional oven, preheat oven to 475
- ☐ Place foil-wrapped potatoes on bottom rack in oven.
- ☐ Bake at 475 for 1 hour or until tender.

Nutrition Facts



Properties

Glycemic Index:44.69, Glycemic Load:24.79, Inflammation Score:-5, Nutrition Score:8.7699999265049%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 182.28kcal (9.11%), Fat: 4.19g (6.45%), Saturated Fat: 0.62g (3.86%), Carbohydrates: 33.64g (11.21%), Net Carbohydrates: 30.81g (11.2%), Sugar: 1.94g (2.15%), Cholesterol: 0mg (0%), Sodium: 591.37mg (25.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.16%), Vitamin B6: 0.64mg (32.1%), Potassium: 758.07mg (21.66%), Manganese: 0.38mg (19.04%), Vitamin C: 11.81mg (14.31%), Fiber: 2.83g (11.3%), Magnesium: 44.3mg (11.08%), Vitamin K: 11.63µg (11.08%), Iron: 1.89mg (10.53%), Phosphorus: 103.67mg (10.37%), Vitamin B1: 0.15mg (10.23%), Copper: 0.2mg (9.9%), Vitamin B3: 1.82mg (9.11%), Folate: 29.06µg (7.27%), Vitamin B5: 0.55mg (5.55%), Vitamin E: 0.67mg (4.48%), Calcium: 40.88mg (4.09%), Vitamin B2: 0.07mg (4.02%), Zinc: 0.58mg (3.85%), Selenium: 1.09µg (1.56%)