



Olive Oil Braised Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



29 min.

SERVINGS



6

CALORIES



259 kcal

SIDE DISH

Ingredients

- 6 servings pepper black freshly ground
- 6 servings coarse salt
- 4 sprigs thyme leaves fresh chopped
- 4 cloves garlic minced
- 6 servings olive oil
- 6 yukon gold potatoes

Equipment

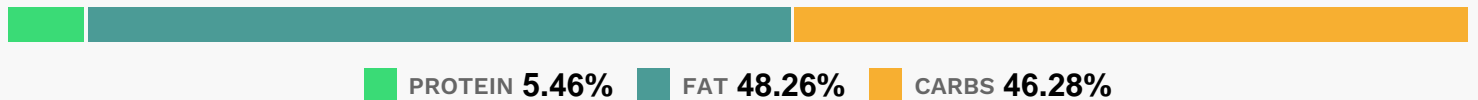
- baking sheet

grill

Directions

- Preheat a grill to medium-high heat.
- Scrub potatoes under cold running water; leave skins on. Slice potatoes into thick rounds and then brush both sides of potatoes liberally with olive oil.
- Place potatoes on grill and grill on both sides until slightly brown, about 2 minutes per side.
- Remove from the grill and place in a single layer on a baking sheet.
- Drizzle potatoes liberally with olive oil again on both sides and then season both sides with salt and pepper.
- Place baking sheet on the grates of the grill and cook for about 10 more minutes, or until cooked through in the center and crispy on the outside.
- Remove from grill and sprinkle with minced garlic and chopped thyme leaves.
- Serve.

Nutrition Facts



Properties

Glycemic Index:31.79, Glycemic Load:21.97, Inflammation Score:-7, Nutrition Score:9.8791304204775%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 258.56kcal (12.93%), Fat: 14.18g (21.81%), Saturated Fat: 1.98g (12.39%), Carbohydrates: 30.59g (10.2%), Net Carbohydrates: 26.69g (9.7%), Sugar: 1.35g (1.5%), Cholesterol: 0mg (0%), Sodium: 204.69mg (8.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.22%), Vitamin C: 35.18mg (42.64%), Vitamin B6: 0.53mg (26.45%), Potassium: 729.29mg (20.84%), Manganese: 0.32mg (15.91%), Fiber: 3.9g (15.6%), Vitamin E: 2.04mg (13.57%), Vitamin K: 11.86µg (11.29%), Magnesium: 40.84mg (10.21%), Phosphorus: 100.82mg (10.08%), Copper: 0.19mg (9.74%), Vitamin B1: 0.14mg (9.36%), Vitamin B3: 1.82mg (9.1%), Iron: 1.57mg (8.7%), Folate: 27.58µg (6.89%), Vitamin B5: 0.52mg (5.19%), Zinc: 0.53mg (3.53%), Vitamin B2: 0.06mg (3.52%), Calcium: 27.42mg (2.74%),

Selenium: 0.8µg (1.14%)