



## Over the Fire Scalloped Potatoes

 Gluten Free

READY IN



42 min.

SERVINGS



8

CALORIES



474 kcal

SIDE DISH

### Ingredients

- 8 large baking potatoes diced peeled
- 8 servings pepper black to taste
- 0.5 cup butter
- 10 ounce cream of mushroom soup canned
- 8 servings garlic salt to taste
- 1 bunch green onions sliced
- 1 cup cheddar cheese shredded

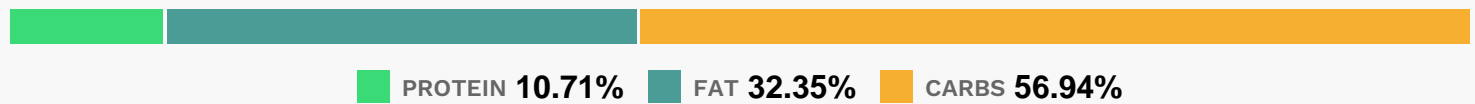
### Equipment

- bowl
- grill
- aluminum foil

## Directions

- Preheat a grill for medium heat.
- Prepare 8 pieces of aluminum foil with vegetable cooking spray.
- Combine potatoes, green onion, soup, cheese, (and bacon and mushrooms if using) in a bowl. Season to taste with salt and pepper. Evenly divide the potato mixture among the squares of aluminum foil. Dot with butter. Fold into foil packets, sealing well.
- Cook foil packets on the grill for 12 to 20 minutes, until the potatoes have cooked.

## Nutrition Facts



## Properties

Glycemic Index:28.22, Glycemic Load:52.6, Inflammation Score:-6, Nutrition Score:18.98782601823%

## Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 473.69kcal (23.68%), Fat: 17.46g (26.87%), Saturated Fat: 10.53g (65.8%), Carbohydrates: 69.16g (23.05%), Net Carbohydrates: 64.19g (23.34%), Sugar: 2.41g (2.68%), Cholesterol: 46.4mg (15.47%), Sodium: 647.59mg (28.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13g (26.01%), Vitamin B6: 1.3mg (64.98%), Potassium: 1607.31mg (45.92%), Manganese: 0.71mg (35.26%), Phosphorus: 282.59mg (28.26%), Vitamin C: 21.6mg (26.18%), Magnesium: 92.22mg (23.06%), Copper: 0.46mg (22.98%), Vitamin B1: 0.32mg (21.08%), Vitamin B3: 4.17mg (20.84%), Fiber: 4.97g (19.88%), Iron: 3.5mg (19.46%), Calcium: 155.38mg (15.54%), Folate: 59.47µg (14.87%), Vitamin K: 14.35µg (13.66%), Zinc: 2mg (13.36%), Vitamin B5: 1.26mg (12.56%), Vitamin B2: 0.21mg (12.51%), Vitamin A: 530.23IU (10.6%), Selenium: 5.64µg (8.06%), Vitamin B12: 0.23µg (3.84%), Vitamin E: 0.49mg (3.26%)