



Potato Floret Packet

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



197 kcal

SIDE DISH

Ingredients

- 1 cup broccoli florets fresh
- 1 cup cauliflower florets fresh
- 0.3 teaspoon garlic powder
- 1 small onion chopped
- 6 servings bell pepper to taste
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- 5 medium potatoes - remove skin red cubed
- 0.3 cup cheddar cheese shredded

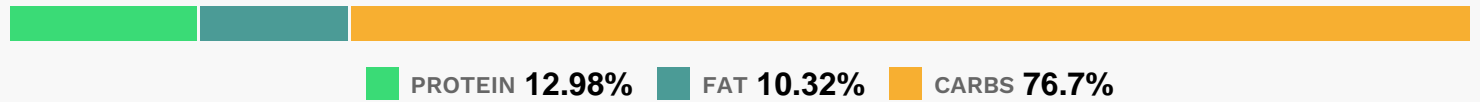
Equipment

- bowl
- grill
- aluminum foil

Directions

- In a bowl, combine the potatoes, broccoli, cauliflower, onion, garlic salt and pepper.
- Place on a double thickness of heavy-duty foil (about 17 in. x 12 in.). Fold foil around potato mixture and seal tightly. Grill, covered, over medium heat for 30 minutes or until the potatoes are tender.
- Sprinkle with cheese before serving.

Nutrition Facts



Properties

Glycemic Index:31.17, Glycemic Load:2.5, Inflammation Score:-9, Nutrition Score:23.726521699325%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg

Nutrients (% of daily need)

Calories: 196.6kcal (9.83%), Fat: 2.41g (3.71%), Saturated Fat: 1.1g (6.86%), Carbohydrates: 40.34g (13.45%), Net Carbohydrates: 33.25g (12.09%), Sugar: 9.64g (10.71%), Cholesterol: 4.71mg (1.57%), Sodium: 79.25mg (3.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.82g (13.65%), Vitamin C: 228.41mg (276.86%), Vitamin A: 4819.51IU (96.39%), Vitamin B6: 0.81mg (40.59%), Potassium: 1241.92mg (35.48%), Folate: 122.81µg (30.7%), Vitamin K: 30.66µg (29.2%), Fiber: 7.08g (28.33%), Manganese: 0.49mg (24.58%), Phosphorus: 189.82mg (18.98%), Vitamin B3: 3.7mg (18.48%), Vitamin E: 2.54mg (16.95%), Vitamin B1: 0.25mg (16.71%), Magnesium: 65.15mg (16.29%), Copper: 0.28mg (14.19%), Vitamin B2: 0.23mg (13.74%), Vitamin B5: 1.2mg (12%), Iron: 2.16mg (11.98%), Zinc: 1.26mg (8.41%), Calcium: 75.04mg (7.5%), Selenium: 2.94µg (4.19%)