

# Potato Pockets

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



296 kcal

SIDE DISH

## Ingredients

- 2 tablespoons butter
- 3 carrots julienned
- 0.1 teaspoon pepper
- 4 medium potatoes julienned
- 0.3 cup onion red chopped
- 0.5 teaspoon salt
- 0.5 cup cheddar cheese shredded

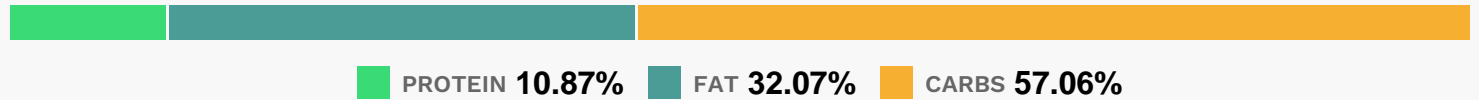
## Equipment

- grill
- aluminum foil

## Directions

- Divide the potatoes, carrots and onion equally among four pieces of heavy-duty aluminum foil (about 18 in. x 12 in.). Top with butter; sprinkle with salt if desired and pepper. Bring opposite short ends of foil together over vegetables and fold down several times. Fold unsealed ends toward vegetables and crimp tightly.
- Grill, covered, over medium heat for 10–15 minutes on each side or until potatoes are tender.
- Remove from grill. Open foil and sprinkle with cheese; reseal
- Let stand for 5 minutes or until the cheese melts.

## Nutrition Facts



## Properties

Glycemic Index:66.65, Glycemic Load:29.07, Inflammation Score:-10, Nutrition Score:18.800000162228%

## Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg

## Nutrients (% of daily need)

Calories: 296.08kcal (14.8%), Fat: 10.8g (16.61%), Saturated Fat: 6.39g (39.92%), Carbohydrates: 43.23g (14.41%), Net Carbohydrates: 37.02g (13.46%), Sugar: 4.45g (4.94%), Cholesterol: 29.17mg (9.73%), Sodium: 472.97mg (20.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.23g (16.46%), Vitamin A: 7964.33IU (159.29%), Vitamin C: 45.65mg (55.33%), Vitamin B6: 0.72mg (35.88%), Potassium: 1076.04mg (30.74%), Fiber: 6.21g (24.84%), Manganese: 0.42mg (20.93%), Phosphorus: 207.76mg (20.78%), Magnesium: 59.88mg (14.97%), Calcium: 145.72mg (14.57%), Vitamin B1: 0.21mg (14.08%), Vitamin B3: 2.72mg (13.61%), Copper: 0.26mg (13.08%), Folate: 48.49µg (12.12%), Vitamin K: 11.07µg (10.54%), Iron: 1.86mg (10.33%), Vitamin B2: 0.16mg (9.59%), Zinc: 1.28mg (8.51%), Vitamin B5: 0.84mg (8.39%), Selenium: 4.82µg (6.89%), Vitamin E: 0.59mg (3.97%), Vitamin B12: 0.16µg (2.69%)