



## Scalloped Potatoes for the BBQ

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



271 kcal

SIDE DISH

### Ingredients

- 0.3 cup butter cubed
- 0.3 cup basil fresh chopped
- 4 cloves garlic chopped
- 1 large onion chopped
- 4 potatoes red thinly sliced
- 4 servings salt and pepper to taste

### Equipment

- grill

aluminum foil

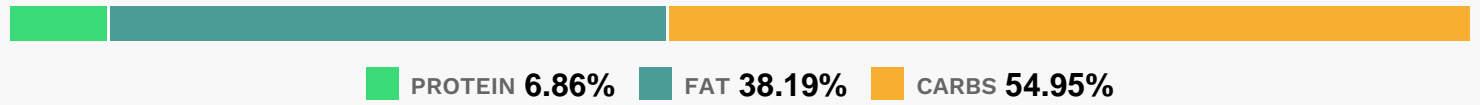
## Directions

Preheat grill for medium heat.

Layer sliced potatoes on aluminum foil with the onion, garlic, basil, and butter. Season with salt and pepper. Fold foil around the potatoes to make a packet.

Place potato packet on heated grill over indirect heat, and cook for 30 minutes, or until potatoes are tender. Turn over packet halfway through cooking.

## Nutrition Facts



## Properties

Glycemic Index:44.25, Glycemic Load:1.07, Inflammation Score:-6, Nutrition Score:11.188695603091%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.05mg, Quercetin: 9.05mg, Quercetin: 9.05mg, Quercetin: 9.05mg

## Nutrients (% of daily need)

Calories: 270.64kcal (13.53%), Fat: 11.87g (18.26%), Saturated Fat: 7.39g (46.16%), Carbohydrates: 38.41g (12.8%), Net Carbohydrates: 34.07g (12.39%), Sugar: 4.38g (4.87%), Cholesterol: 30.5mg (10.17%), Sodium: 325.43mg (14.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.59%), Potassium: 1043.8mg (29.82%), Vitamin C: 22.3mg (27.03%), Vitamin B6: 0.45mg (22.35%), Manganese: 0.42mg (20.83%), Fiber: 4.35g (17.38%), Copper: 0.31mg (15.75%), Phosphorus: 149.64mg (14.96%), Magnesium: 52.61mg (13.15%), Vitamin B1: 0.2mg (13.13%), Vitamin K: 13.6µg (12.95%), Vitamin B3: 2.53mg (12.66%), Folate: 47µg (11.75%), Iron: 1.74mg (9.65%), Vitamin A: 449.6IU (8.99%), Vitamin B5: 0.68mg (6.77%), Zinc: 0.83mg (5.51%), Vitamin B2: 0.09mg (5.02%), Calcium: 41.53mg (4.15%), Selenium: 1.83µg (2.61%), Vitamin E: 0.37mg (2.48%)