



Seasoned Grilled New Potatoes



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



132 kcal

SIDE DISH

Ingredients

- ☐ 2 lb potatoes – remove skin red
- ☐ 0.3 cup butter melted
- ☐ 2 garlic clove minced
- ☐ 1 teaspoon lawry's seasoned salt

Equipment

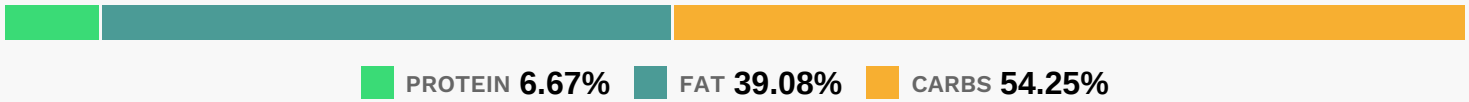
- ☐ bowl
- ☐ frying pan
- ☐ grill

☐ aluminum foil

Directions

- ☐ Heat gas or charcoal grill. If potatoes are large, cut in half or quarter for uniform pieces.
- ☐ Place potatoes in 8-inch square disposable foil pan or in center of large sheet of heavy-duty foil.
- ☐ In small bowl, mix butter, garlic and salt; pour over potatoes. Cover pan with foil or seal foil packet with double-fold seals, allowing room for heat expansion.
- ☐ When grill is heated, place potatoes on gas grill over medium heat or on charcoal grill over medium coals. Cook 35 to 45 minutes or until potatoes are tender, stirring potatoes in foil pan or turning foil packet several times during cooking.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.07, Inflammation Score:-3, Nutrition Score:5.1343478142567%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 131.5kcal (6.58%), Fat: 5.87g (9.04%), Saturated Fat: 1.23g (7.66%), Carbohydrates: 18.34g (6.11%), Net Carbohydrates: 16.4g (5.96%), Sugar: 1.47g (1.63%), Cholesterol: 0mg (0%), Sodium: 378.12mg (16.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.51%), Potassium: 522.01mg (14.91%), Vitamin C: 10mg (12.12%), Vitamin B6: 0.2mg (10.14%), Manganese: 0.17mg (8.66%), Fiber: 1.94g (7.77%), Copper: 0.15mg (7.72%), Phosphorus: 71.95mg (7.2%), Vitamin B3: 1.31mg (6.55%), Magnesium: 25.36mg (6.34%), Vitamin B1: 0.09mg (6.27%), Vitamin A: 261.75IU (5.23%), Folate: 20.51µg (5.13%), Iron: 0.84mg (4.68%), Vitamin B5: 0.33mg (3.27%), Vitamin K: 3.3µg (3.14%), Zinc: 0.38mg (2.56%), Vitamin B2: 0.04mg (2.27%), Vitamin E: 0.23mg (1.55%), Calcium: 15.01mg (1.5%)