



Seasoned Sage Grilled Potato Packs



Gluten Free



Dairy Free



Low Fod Map

READY IN



65 min.

SERVINGS



8

CALORIES



127 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter firm
- 2 tablespoons chives fresh chopped
- 0.5 teaspoon paprika
- 4 small potatoes - remove skin red unpeeled cut into fourths (1 1/2 cups)
- 2 medium baking potatoes unpeeled cut into 1-inch chunks (2 cups)
- 0.5 teaspoon sage dried
- 0.5 teaspoon lawry's seasoned salt

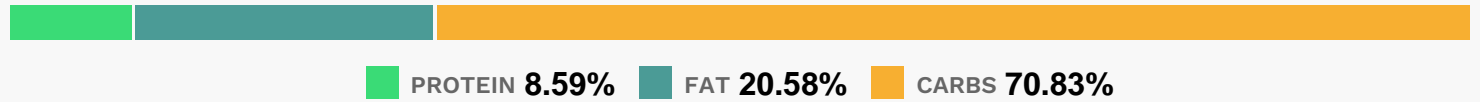
Equipment

- grill
- aluminum foil

Directions

- Heat coals or gas grill for direct heat.
- Cut 18x12-inch piece of heavy-duty foil; spray with cooking spray.
- Place potatoes on foil.
- Cut butter into small pieces; sprinkle over potatoes.
- Sprinkle with sage, paprika and seasoned salt.
- Fold foil over potatoes so edges meet. Seal edges, making tight 1/2-inch fold; fold again. Allow space on sides for circulation and expansion.
- Cover and grill packet over medium heat 40 to 50 minutes, rotating packet 1/2 turn after about 20 minutes, until potatoes are tender.
- Cut large X across top of packet; fold back foil.
- Sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:18.09, Glycemic Load:7.58, Inflammation Score:-4, Nutrition Score:7.0256521803853%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 127.49kcal (6.37%), Fat: 3.01g (4.63%), Saturated Fat: 0.64g (3.97%), Carbohydrates: 23.29g (7.76%), Net Carbohydrates: 21.08g (7.67%), Sugar: 1.45g (1.61%), Cholesterol: 0mg (0%), Sodium: 196.42mg (8.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.65%), Copper: 0.55mg (27.49%), Potassium: 615.91mg (17.6%), Vitamin B6: 0.33mg (16.61%), Vitamin C: 10.79mg (13.08%), Manganese: 0.22mg (11.05%), Fiber: 2.21g (8.83%), Phosphorus: 82.82mg (8.28%), Magnesium: 31.81mg (7.95%), Vitamin B3: 1.55mg (7.73%), Vitamin B1: 0.11mg (7.62%), Iron: 1.13mg (6.29%), Folate: 23.64µg (5.91%), Vitamin K: 5.12µg (4.88%), Vitamin A: 225.89IU (4.52%),

Vitamin B5: 0.41mg (4.06%), Zinc: 0.45mg (2.98%), Vitamin B2: 0.05mg (2.81%), Calcium: 18.36mg (1.84%), Vitamin E: 0.16mg (1.07%)