



Skewered Grilled Potatoes

 Vegetarian  Gluten Free  Dairy Free

READY IN



100 min.

SERVINGS



8

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons rosemary dried crushed
- 0.3 cup cooking wine dry white
- 1 teaspoon garlic powder
- 0.5 cup mayonnaise light
- 2 pounds potatoes red quartered
- 0.5 cup water

Equipment

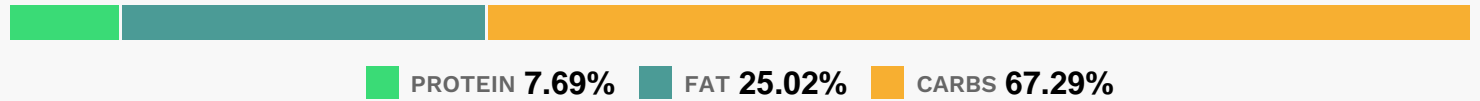
- bowl

- grill
- microwave
- skewers

Directions

- Place potatoes and water in a microwave safe bowl. Cook potatoes in microwave on high until just tender, about 15 minutes, stirring half-way through.
- Drain potatoes and allow to steam for a few minutes to dry.
- In a large bowl, stir together mayonnaise, wine, rosemary, and garlic powder.
- Mix in drained potatoes and toss to coat. Marinate, covered, in the refrigerator for 1 hour.
- Preheat an outdoor grill for high heat and lightly oil grate.
- Remove potatoes from marinade, and skewer. Grill, covered, for 6 to 8 minutes, brushing occasionally with marinade, turning half-way through.
- Remove potatoes from skewers and serve hot.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:5.3413043125816%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 120.17kcal (6.01%), Fat: 3.27g (5.04%), Saturated Fat: 0.53g (3.28%), Carbohydrates: 19.81g (6.6%), Net Carbohydrates: 17.83g (6.49%), Sugar: 2.04g (2.27%), Cholesterol: 2.24mg (0.75%), Sodium: 137.54mg (5.98%), Alcohol: 0.77g (100%), Alcohol %: 0.65% (100%), Protein: 2.26g (4.53%), Potassium: 530.34mg (15.15%), Vitamin C: 9.77mg (11.84%), Vitamin K: 10.84µg (10.32%), Vitamin B6: 0.2mg (10.17%), Manganese: 0.17mg (8.69%), Copper: 0.16mg (7.97%), Fiber: 1.97g (7.89%), Phosphorus: 74.19mg (7.42%), Magnesium: 26.47mg (6.62%), Vitamin B3: 1.32mg (6.58%), Vitamin B1: 0.1mg (6.34%), Folate: 21.3µg (5.32%), Iron: 0.9mg (4.98%), Vitamin B5: 0.33mg (3.31%),

Zinc: 0.41mg (2.71%), Vitamin B2: 0.04mg (2.17%), Vitamin E: 0.32mg (2.14%), Selenium: 1.03µg (1.47%), Calcium: 13.91mg (1.39%)