



Spicy Grilled Potato Planks

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



4

CALORIES



269 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 0.1 teaspoon garam masala
- 1 large garlic clove finely chopped
- 0.1 teaspoon ground pepper red (cayenne)
- 1.5 pounds potatoes
- 0.5 teaspoon salt

Equipment

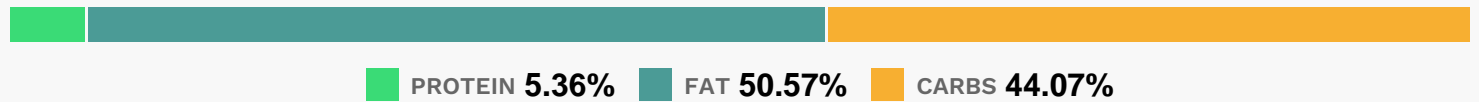
- sauce pan

grill

Directions

- Place potatoes in enough water to cover (salted if desired) in 3-quart saucepan. Cover and heat to boiling. Boil about 15 minutes or until almost tender; drain. Cool slightly.
- Heat coals or gas grill for direct heat.
- Heat remaining ingredients to boiling; remove from heat.
- Cut each potato lengthwise into 4 or 5 slices.
- Brush potatoes generously with butter mixture.
- Cover and grill potatoes 4 inches from medium heat about 20 minutes, turning and brushing 2 or 3 times with butter mixture, until golden brown and tender.

Nutrition Facts



Properties

Glycemic Index:36.44, Glycemic Load:21.83, Inflammation Score:-6, Nutrition Score:9.4078259960465%

Flavonoids

Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 268.55kcal (13.43%), Fat: 15.4g (23.7%), Saturated Fat: 3.21g (20.04%), Carbohydrates: 30.2g (10.07%), Net Carbohydrates: 26.41g (9.6%), Sugar: 1.34g (1.49%), Cholesterol: 0mg (0%), Sodium: 479.46mg (20.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.35%), Vitamin C: 33.83mg (41%), Vitamin B6: 0.51mg (25.72%), Potassium: 728.38mg (20.81%), Fiber: 3.79g (15.15%), Vitamin A: 706.12IU (14.12%), Manganese: 0.27mg (13.74%), Phosphorus: 102.64mg (10.26%), Magnesium: 39.98mg (9.99%), Copper: 0.19mg (9.32%), Vitamin B1: 0.14mg (9.31%), Vitamin B3: 1.81mg (9.04%), Iron: 1.35mg (7.48%), Folate: 27.49µg (6.87%), Vitamin B5: 0.52mg (5.24%), Vitamin E: 0.62mg (4.15%), Vitamin B2: 0.06mg (3.7%), Zinc: 0.5mg (3.36%), Vitamin K: 3.29µg (3.14%), Calcium: 27.72mg (2.77%)