



WHATSheATE



Balsamic and Rosemary Glazed Fingerling Potatoes



Vegetarian



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



12

CALORIES



102 kcal

SIDE DISH

Ingredients



3 pound baby potatoes assorted



0.5 cup balsamic vinegar



1.5 cup chicken broth



8 clove garlic peeled roughly chopped



1 teaspoon kosher salt



0.5 teaspoon freshly cracked pepper black



1 tablespoon rosemary leaves roughly chopped

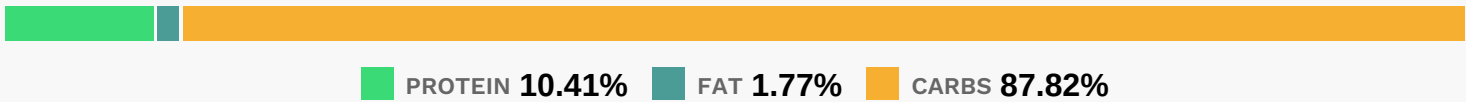
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees.Quarter or half all the potatoes, depending on size. You want them all to be relatively the same size so they cook evenly.In a large bowl, combine prepared potatoes, broth, vinegar, garlic, and rosemary; season with salt and pepper. Toss to combine and pour the mixture into a shallow 2 quart baking dish.
- ☐ Bake until potatoes are tender and liquid is reduced to a syrupy consistency, about 1 3/4 hours, tossing two or three times during baking.

Nutrition Facts



Properties

Glycemic Index:22.15, Glycemic Load:15.63, Inflammation Score:-3, Nutrition Score:6.2613043503269%

Flavonoids

Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 102.17kcal (5.11%), Fat: 0.2g (0.31%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 22.57g (7.52%), Net Carbohydrates: 19.94g (7.25%), Sugar: 2.62g (2.91%), Cholesterol: 0.59mg (0.2%), Sodium: 312.46mg (13.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.35%), Vitamin C: 23.07mg (27.96%), Vitamin B6: 0.36mg (18.12%), Potassium: 505.35mg (14.44%), Manganese: 0.25mg (12.43%), Fiber: 2.63g (10.52%), Magnesium: 28.66mg (7.17%), Phosphorus: 71.14mg (7.11%), Copper: 0.14mg (6.89%), Vitamin B1: 0.1mg (6.79%), Vitamin B3: 1.28mg (6.38%), Iron: 1.07mg (5.97%), Folate: 18.73µg (4.68%), Vitamin B5: 0.35mg (3.51%), Vitamin B2: 0.06mg (3.33%), Zinc: 0.39mg (2.59%), Calcium: 23.89mg (2.39%), Vitamin K: 2.33µg (2.21%), Selenium: 0.75µg (1.08%)