

Balsamic Glazed Roasted Potato Salad



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



224 kcal

SIDE DISH

Ingredients

- ☐ 2 slices bacon
- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.5 pound cremini mushrooms quartered
- ☐ 1 clove garlic minced
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 1 tablespoon honey
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon paprika

- ☐ 1 large onion sweet chopped
- ☐ 2 pounds baby yukon gold potatoes quartered

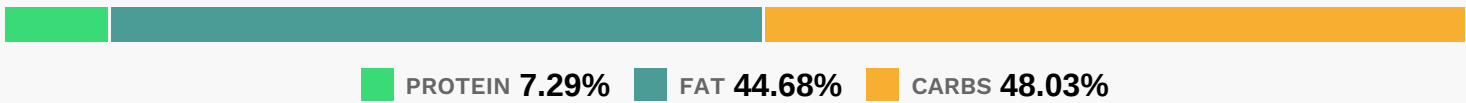
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil.
- ☐ Whisk olive oil, 3 tablespoons balsamic vinegar, honey, paprika, garlic, salt, and black pepper together in a large bowl. Stir potatoes, mushrooms, and sweet onion into vinegar mixture; toss to coat.
- ☐ Spread vegetables over prepared baking sheet.
- ☐ Bake in preheated oven until potatoes are easily pierced with a fork, 30 to 40 minutes.
- ☐ Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- ☐ Drain the bacon slices on a paper towel-lined plate; crumble bacon.
- ☐ Transfer potato mixture to a large bowl and toss with bacon, green onions, parsley, and remaining 2 tablespoons balsamic vinegar.

Nutrition Facts



Properties

Glycemic Index:32.88, Glycemic Load:16.04, Inflammation Score:-6, Nutrition Score:10.750869544952%

Flavonoids

Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 6.81mg, Quercetin: 6.81mg, Quercetin: 6.81mg, Quercetin: 6.81mg

Nutrients (% of daily need)

Calories: 224.07kcal (11.2%), Fat: 11.46g (17.64%), Saturated Fat: 2.03g (12.67%), Carbohydrates: 27.73g (9.24%), Net Carbohydrates: 24.35g (8.85%), Sugar: 6.3g (7%), Cholesterol: 3.63mg (1.21%), Sodium: 50.11mg (2.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.42%), Vitamin C: 24.46mg (29.65%), Vitamin B6: 0.46mg (22.92%), Potassium: 693.26mg (19.81%), Copper: 0.3mg (15.02%), Manganese: 0.29mg (14.3%), Fiber: 3.38g (13.52%), Vitamin B3: 2.64mg (13.22%), Selenium: 9.16µg (13.08%), Phosphorus: 122.09mg (12.21%), Vitamin B2: 0.2mg (11.78%), Vitamin E: 1.6mg (10.65%), Vitamin B1: 0.15mg (10.24%), Magnesium: 35.37mg (8.84%), Folate: 35.26µg (8.81%), Vitamin A: 436.27IU (8.73%), Vitamin B5: 0.86mg (8.59%), Vitamin K: 8.57µg (8.16%), Iron: 1.42mg (7.89%), Zinc: 0.81mg (5.41%), Calcium: 31.71mg (3.17%)