

Balsamic Glazed Roasted Potato Salad



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



226 kcal

SIDE DISH

Ingredients

- ☐ 2 slices bacon
- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.5 pound cremini mushrooms quartered
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 clove garlic minced
- ☐ 2 green onions sliced
- ☐ 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

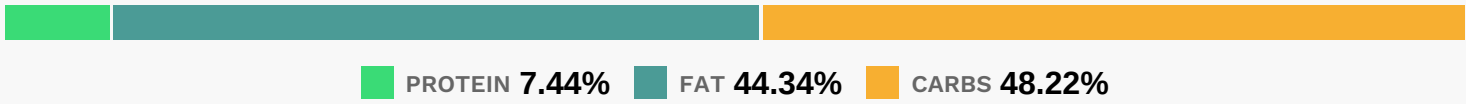
Equipment

- ☐ 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:40.88, Glycemic Load:16.11, Inflammation Score:-7, Nutrition Score:13.446086843377%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg Quercetin: 7.14mg, Quercetin: 7.14mg, Quercetin: 7.14mg, Quercetin: 7.14mg

Nutrients (% of daily need)

Calories: 225.93kcal (11.3%), Fat: 11.49g (17.68%), Saturated Fat: 2.03g (12.7%), Carbohydrates: 28.11g (9.37%), Net Carbohydrates: 24.57g (8.93%), Sugar: 6.39g (7.1%), Cholesterol: 3.63mg (1.21%), Sodium: 51.99mg (2.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.68%), Vitamin K: 55.78µg (53.12%), Vitamin C: 28.35mg (34.37%), Vitamin B6: 0.46mg (23.13%), Potassium: 715.39mg (20.44%), Copper: 0.31mg (15.33%), Manganese: 0.29mg (14.74%), Fiber: 3.54g (14.17%), Vitamin A: 676.78IU (13.54%), Vitamin B3: 2.69mg (13.46%), Selenium: 9.18µg (13.11%), Phosphorus: 124.65mg (12.47%), Vitamin B2: 0.21mg (12.07%), Vitamin E: 1.63mg (10.89%), Vitamin B1: 0.16mg (10.49%), Folate: 40.98µg (10.24%), Magnesium: 37.22mg (9.31%), Iron: 1.62mg (8.99%), Vitamin B5: 0.87mg (8.72%), Zinc: 0.85mg (5.67%), Calcium: 37.32mg (3.73%)