



## Balsamic Roasted Sweet Potatoes & Apples

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



185 kcal

SIDE DISH

### Ingredients

- 0.3 cup balsamic vinaigrette dressing kraft
- 2 Tbsp brown sugar
- 6 sage leaves fresh
- 1 apples i use 2 granny smith apples cut into 3/4-inch pieces
- 1 small onion red cut into 3/4-inch chunks
- 1 large sweet potatoes and into peeled cut into 3/4-inch chunks

### Equipment

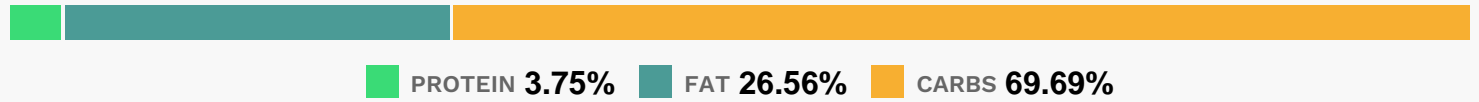
- frying pan

- oven
- aluminum foil

## Directions

- Heat oven to 450F.
- Combine first 5 ingredients; spread onto bottom of 15x10x1-inch pan sprayed with cooking spray. Cover tightly with foil sprayed with cooking spray.
- Bake 20 min.; turn potatoes.
- Add apples; spread to evenly cover bottom of pan.
- Bake, covered, 10 min.
- Stir potato mixture; bake, uncovered, 5 min. or until potatoes are tender and lightly browned. Discard sage leaves before serving.

## Nutrition Facts



## Properties

Glycemic Index:29.25, Glycemic Load:10.67, Inflammation Score:-10, Nutrition Score:9.9752173631088%

## Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg

## Nutrients (% of daily need)

Calories: 184.73kcal (9.24%), Fat: 5.56g (8.55%), Saturated Fat: 0.53g (3.33%), Carbohydrates: 32.83g (10.94%), Net Carbohydrates: 28.71g (10.44%), Sugar: 15.76g (17.51%), Cholesterol: 0mg (0%), Sodium: 182.74mg (7.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.53%), Vitamin A: 12084.07IU (241.68%), Copper: 0.34mg

(16.93%), Fiber: 4.11g (16.46%), Manganese: 0.28mg (14.03%), Vitamin B6: 0.23mg (11.59%), Potassium: 383.52mg (10.96%), Vitamin B5: 0.75mg (7.5%), Vitamin C: 6.17mg (7.48%), Magnesium: 26.92mg (6.73%), Vitamin B1: 0.09mg (5.79%), Phosphorus: 53.19mg (5.32%), Vitamin B2: 0.07mg (4.19%), Calcium: 41.41mg (4.14%), Folate: 16µg (4%), Iron: 0.68mg (3.78%), Vitamin B3: 0.55mg (2.77%), Vitamin K: 2.64µg (2.52%), Zinc: 0.32mg (2.15%), Vitamin E: 0.31mg (2.06%), Selenium: 0.72µg (1.03%)