



Balsamic Roasted Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



290 kcal

SIDE DISH

Ingredients

- 2 golden beets
- 2 beets red
- 1 fennel bulb
- 1 small onion red
- 1 pounds fingerling potatoes
- 1 small kabocha squash (or acorn squash)
- 6 servings olive oil
- 6 servings balsamic vinegar

Equipment

- bowl
- oven

Directions

- Clean and top the beets and, along with the fingerling potatoes, drizzle with enough olive oil just to coat. Roast whole at 400 degrees until softened, but not completely cooked (about 30 minutes).
- Remove from the oven and carefully peel the beets, then cut in half. You can leave the fingerlings whole, and slice lengthwise in half before serving, or halve them and continue roasting (both ways are delicious!)
- Quarter the fennel and red onion lengthwise, and cut the kabocha into 1/2 inch wedges.
- Toss all the vegetables in a bowl and drizzle enough olive oil to sufficiently coat. Then, add a big splash of balsamic vinegar (approx. 1/4 cup), a couple hearty pinches of Kosher salt, a few good turns of fresh ground black pepper, and a small sprig of fresh rosemary.
- Let roast another 30–40 minutes, turning every so often to get an even roast.

Nutrition Facts



PROTEIN 6.07% **FAT 42.95%** **CARBS 50.98%**

Properties

Glycemic Index:55.63, Glycemic Load:14.51, Inflammation Score:-9, Nutrition Score:17.563043478261%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg

Taste

Sweetness: 46.04%, Saltiness: 97.59%, Sourness: 9.28%, Bitterness: 10.36%, Savoriness: 22.72%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 289.98kcal (14.5%), Fat: 14.45g (22.23%), Saturated Fat: 2.05g (12.81%), Carbohydrates: 38.6g (12.87%),
Net Carbohydrates: 31.64g (11.5%), Sugar: 12.29g (13.65%), Cholesterol: 0mg (0%), Sodium: 78.15mg (3.4%), Protein:
4.6g (9.19%), Vitamin C: 42.06mg (50.98%), Vitamin A: 2122.68IU (42.45%), Potassium: 1227.22mg (35.06%),
Vitamin K: 36.19µg (34.47%), Manganese: 0.66mg (32.96%), Folate: 121.7µg (30.42%), Fiber: 6.96g (27.86%),
Vitamin B6: 0.53mg (26.7%), Vitamin E: 2.46mg (16.37%), Magnesium: 61.34mg (15.34%), Iron: 2.41mg (13.41%),
Copper: 0.27mg (13.31%), Phosphorus: 127.31mg (12.73%), Vitamin B3: 2mg (10%), Vitamin B2: 0.16mg (9.21%),
Vitamin B1: 0.13mg (8.98%), Calcium: 87.61mg (8.76%), Vitamin B5: 0.7mg (7.04%), Zinc: 0.85mg (5.65%), Selenium:
1.57µg (2.25%)