



Oven-roasted Roots



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



119 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.3 cup chicken broth
- ☐ 0.3 cup cooking wine dry red
- ☐ 1 tablespoon rosemary leaves dried fresh
- ☐ 1 tablespoon thyme leaves dried fresh
- ☐ 0.5 teaspoon fresh-ground pepper
- ☐ 2 tablespoons olive oil
- ☐ 1.5 pounds pearl onions

- ☐ 1.5 pounds thin-skinned potatoes blue red or a mixture of colors
- ☐ 12 servings salt
- ☐ 1.5 pounds short thick ends trimmed

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Scrub potatoes and carrots.
- ☐ Cut potatoes in half. Peel onions. In a 12- by 15-inch roasting pan, mix potatoes, carrots, onions, oil, thyme, rosemary, and pepper.
- ☐ Roast vegetables in a 450 oven, stirring occasionally, until tender when pierced, 40 to 50 minutes.
- ☐ Transfer pan from oven to rangetop and set over medium heat.
- ☐ Add red wine, balsamic vinegar, and chicken broth. Stir until brown drippings are scraped free and vegetables are coated, 2 to 4 minutes.
- ☐ Spoon vegetables into a bowl.
- ☐ Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:16.74, Glycemic Load:3.61, Inflammation Score:-10, Nutrition Score:10.918695665734%

Flavonoids

Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Malvidin: 1.75mg, Malvidin: 1.75mg, Malvidin: 1.75mg, Malvidin:

1.75mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 12.04mg, Quercetin: 12.04mg, Quercetin: 12.04mg, Quercetin: 12.04mg

Nutrients (% of daily need)

Calories: 119.42kcal (5.97%), Fat: 2.64g (4.06%), Saturated Fat: 0.39g (2.46%), Carbohydrates: 21.38g (7.13%), Net Carbohydrates: 17.74g (6.45%), Sugar: 6.91g (7.68%), Cholesterol: 0.13mg (0.04%), Sodium: 271.39mg (11.8%), Alcohol: 0.7g (100%), Alcohol %: 0.46% (100%), Protein: 2.35g (4.7%), Vitamin A: 9510.42IU (190.21%), Vitamin C: 13.39mg (16.23%), Potassium: 537.14mg (15.35%), Fiber: 3.64g (14.57%), Manganese: 0.27mg (13.46%), Vitamin B6: 0.25mg (12.28%), Vitamin K: 10.9µg (10.38%), Folate: 32.21µg (8.05%), Vitamin B1: 0.11mg (7.42%), Phosphorus: 73.34mg (7.33%), Magnesium: 27.1mg (6.77%), Copper: 0.13mg (6.57%), Vitamin B3: 1.3mg (6.51%), Iron: 0.89mg (4.97%), Vitamin E: 0.73mg (4.87%), Calcium: 43mg (4.3%), Vitamin B2: 0.07mg (4.28%), Vitamin B5: 0.39mg (3.88%), Zinc: 0.44mg (2.96%)