



Roasted grapes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



442 kcal

SIDE DISH

Ingredients



2 teaspoons thyme sprigs fresh



0.3 teaspoon pepper



1 tablespoon olive oil



1 pound grapes red seedless stemmed rinsed



0.3 teaspoon salt

Equipment



frying pan



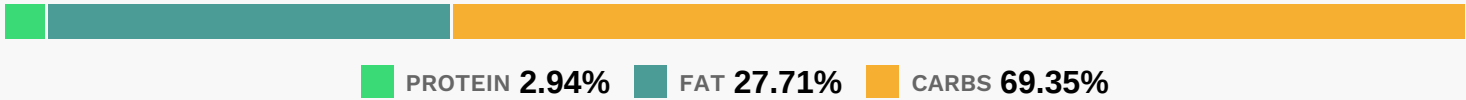
oven

baking pan

Directions

- In a 12- by 15-inch baking pan, mix grapes, olive oil, fresh thyme leaves, salt and pepper.
- Bake in a 400 oven, shaking pan occasionally, until grapes are beginning to blister, 15 to 18 minutes. Use immediately or let stand until ready to use, up to 4 hours.

Nutrition Facts



Properties

Glycemic Index:123, Glycemic Load:36.14, Inflammation Score:-10, Nutrition Score:14.692173820475%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 1.83mg, Luteolin: 1.83mg, Luteolin: 1.83mg, Luteolin: 1.83mg

Nutrients (% of daily need)

Calories: 442.03kcal (22.1%), Fat: 14.81g (22.78%), Saturated Fat: 2.2g (13.77%), Carbohydrates: 83.4g (27.8%), Net Carbohydrates: 78.63g (28.59%), Sugar: 70.31g (78.12%), Cholesterol: 0mg (0%), Sodium: 591.18mg (25.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.08%), Vitamin K: 75.47µg (71.88%), Copper: 0.61mg (30.27%), Potassium: 897.63mg (25.65%), Vitamin C: 20.92mg (25.36%), Manganese: 0.46mg (22.8%), Vitamin B1: 0.32mg (21.03%), Vitamin B6: 0.41mg (20.27%), Vitamin B2: 0.34mg (19.84%), Vitamin E: 2.88mg (19.22%), Fiber: 4.77g (19.08%), Iron: 2.46mg (13.68%), Vitamin A: 492.15IU (9.84%), Magnesium: 39.02mg (9.76%), Phosphorus: 95.75mg (9.57%), Calcium: 64.27mg (6.43%), Vitamin B3: 0.93mg (4.66%), Folate: 10.96µg (2.74%), Zinc: 0.4mg (2.65%), Vitamin B5: 0.25mg (2.5%)