



## Roasted Potato Medley

 Vegetarian  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



136 kcal

SIDE DISH

### Ingredients

- 2 tablespoons balsamic vinegar
- 2 teaspoons thyme sprigs fresh minced
- 3 cloves garlic minced
- 0.3 cup chicken broth low fat, low sodium
- 2 tablespoons olive oil
- 1 potatoes - remove skin red cubed
- 1 baking potatoes cubed
- 1 sweet potatoes and into cubed peeled

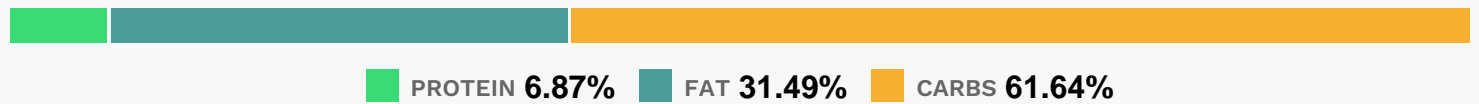
## Equipment

- oven
- mixing bowl
- casserole dish

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a mixing bowl, combine the russet potato, red potato, sweet potato, olive oil, vinegar, thyme, garlic and chicken broth. Toss well to coat.
- Place into casserole dish and roast uncovered for 40 minutes, or until potatoes are tender.

## Nutrition Facts



## Properties

Glycemic Index:44.63, Glycemic Load:9.41, Inflammation Score:-10, Nutrition Score:9.806956499815%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 135.72kcal (6.79%), Fat: 4.84g (7.45%), Saturated Fat: 0.69g (4.34%), Carbohydrates: 21.32g (7.11%), Net Carbohydrates: 19g (6.91%), Sugar: 3.08g (3.42%), Cholesterol: 0mg (0%), Sodium: 33.47mg (1.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.75%), Vitamin A: 5378.42IU (107.57%), Vitamin B6: 0.28mg (14.17%), Potassium: 461.05mg (13.17%), Manganese: 0.25mg (12.32%), Fiber: 2.32g (9.28%), Vitamin C: 7.52mg (9.11%), Copper: 0.16mg (7.78%), Magnesium: 27.57mg (6.89%), Phosphorus: 65.85mg (6.58%), Vitamin B1: 0.09mg (6.04%), Vitamin B3: 1.14mg (5.71%), Iron: 1.02mg (5.67%), Vitamin E: 0.78mg (5.19%), Vitamin B5: 0.52mg (5.19%), Vitamin K: 5.18µg (4.93%), Folate: 15.85µg (3.96%), Vitamin B2: 0.05mg (3.14%), Calcium: 26.76mg (2.68%), Zinc: 0.38mg (2.51%), Selenium: 0.76µg (1.08%)