



 **30%**
HEALTH SCORE

Roasted Potato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



9

CALORIES



124 kcal

SIDE DISH

Ingredients

- 0.3 cup balsamic vinegar
- 0.3 cup chicken broth
- 0.5 pound green beans fresh cut into 1-1/2-inch pieces
- 1 teaspoon rosemary leaves dried fresh minced crushed
- 1 large garlic clove whole
- 2 spring onion sliced
- 2 tablespoons olive oil
- 2 pounds potatoes - remove skin red quartered

- 2 medium bell pepper sweet red cut into large chunks
- 0.5 teaspoon salt
- 2 teaspoons sugar
- 6 cups water

Equipment

- bowl
- frying pan
- sauce pan
- oven
- baking pan

Directions

- In a large saucepan, bring 6 cups water to a boil.
- Add beans; bring to a boil. Cover and cook for 3 minutes.
- Drain and immediately place beans in ice water; drain and pat dry.
- Remove papery outer skin from garlic (do not peel or separate cloves).
- Cut top off garlic bulb.
- Place cut side up in a greased 15-in. x 10-in. x 1-in. baking pan.
- Add potatoes; drizzle with broth.
- Bake, uncovered, at 400° for 30–40 minutes or until garlic is softened.
- Remove garlic; set aside.
- Add the red peppers, onions and reserved beans to the pan.
- Bake 30–35 minutes longer or until tender. Cool for 10–15 minutes.
- Squeeze softened garlic into a large bowl. Stir in the vinegar, oil, sugar, rosemary and salt.
- Add vegetables; toss to coat.
- Serve warm or cold.

Nutrition Facts



■ PROTEIN 8.6% ■ FAT 23.79% ■ CARBS 67.61%

Properties

Glycemic Index:28.9, Glycemic Load:2.12, Inflammation Score:-7, Nutrition Score:10.2913042315%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 124.16kcal (6.21%), Fat: 3.41g (5.25%), Saturated Fat: 0.5g (3.09%), Carbohydrates: 21.81g (7.27%), Net Carbohydrates: 18.78g (6.83%), Sugar: 5.27g (5.86%), Cholesterol: 0.13mg (0.04%), Sodium: 184.2mg (8.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.55%), Vitamin C: 46.2mg (56%), Vitamin K: 22.45µg (21.38%), Vitamin A: 1035.98IU (20.72%), Potassium: 585.56mg (16.73%), Vitamin B6: 0.29mg (14.48%), Manganese: 0.25mg (12.44%), Fiber: 3.03g (12.11%), Folate: 40.35µg (10.09%), Copper: 0.19mg (9.42%), Magnesium: 34.77mg (8.69%), Vitamin B3: 1.63mg (8.16%), Phosphorus: 81.05mg (8.1%), Vitamin B1: 0.12mg (8.01%), Iron: 1.23mg (6.83%), Vitamin E: 1mg (6.65%), Vitamin B2: 0.09mg (5.09%), Vitamin B5: 0.43mg (4.26%), Zinc: 0.5mg (3.33%), Calcium: 30.84mg (3.08%), Selenium: 0.78µg (1.11%)