



HEALTH SCORE

51%

Roasted Potato Salad with Mint Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



154 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 1 cup mint leaves fresh divided chopped
- ☐ 4 garlic cloves sliced
- ☐ 3 cups cut green beans (2-inch)
- ☐ 0.5 teaspoon coarsely ground pepper black
- ☐ 2 tablespoons olive oil
- ☐ 3 cups bell pepper red cut (1-inch-square) (2 large peppers)
- ☐ 2 pounds potatoes red quartered

- ☐ 1 teaspoon salt
- ☐ 2 medium vidalia sweet trimmed quartered
- ☐ 0.3 cup citrus champagne vinegar

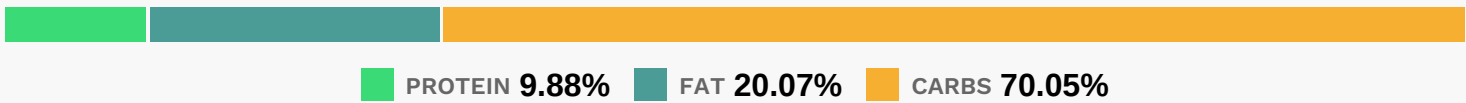
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Combine beans, bell pepper, 1/2 cup mint, broth, garlic, red potatoes, and onions; toss well. Arrange vegetable mixture in a single layer on a jelly-roll pan coated with cooking spray; cover with foil.
- ☐ Bake at 400 for 20 minutes. Uncover and stir; bake, uncovered, an additional 40 minutes or until lightly browned, stirring after 20 minutes.
- ☐ Let stand 5 minutes.
- ☐ Place vegetable mixture in a large bowl.
- ☐ Combine remaining 1/2 cup of mint, vinegar, oil, salt, and black pepper, stirring well with a whisk.
- ☐ Drizzle vinaigrette over vegetable mixture, and toss well to coat.
- ☐ Serve the salad at room temperature or chilled.

Nutrition Facts



Properties

Glycemic Index:15.56, Glycemic Load:1.48, Inflammation Score:-9, Nutrition Score:16.326086931902%

Flavonoids

Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 12.47mg, Quercetin: 12.47mg, Quercetin: 12.47mg, Quercetin: 12.47mg

Nutrients (% of daily need)

Calories: 153.83kcal (7.69%), Fat: 3.62g (5.57%), Saturated Fat: 0.53g (3.3%), Carbohydrates: 28.43g (9.48%), Net Carbohydrates: 23.56g (8.57%), Sugar: 8.31g (9.23%), Cholesterol: 0mg (0%), Sodium: 340.75mg (14.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.02%), Vitamin C: 82.3mg (99.75%), Vitamin A: 2028.98IU (40.58%), Vitamin B6: 0.49mg (24.41%), Vitamin K: 23.42µg (22.31%), Potassium: 770.92mg (22.03%), Manganese: 0.43mg (21.71%), Fiber: 4.86g (19.46%), Folate: 75.89µg (18.97%), Magnesium: 48.93mg (12.23%), Copper: 0.24mg (11.77%), Vitamin B1: 0.18mg (11.76%), Phosphorus: 116.15mg (11.62%), Vitamin B3: 2.18mg (10.89%), Iron: 1.88mg (10.46%), Vitamin E: 1.41mg (9.4%), Vitamin B2: 0.14mg (8.47%), Vitamin B5: 0.63mg (6.35%), Calcium: 58.12mg (5.81%), Zinc: 0.72mg (4.79%), Selenium: 1.61µg (2.31%)