



Thyme-Roasted Potatoes with Balsamic Vinegar



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



190 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups regular balsamic vinegar white
- ☐ 4 tablespoons thyme leaves fresh chopped
- ☐ 2 teaspoons garlic salt
- ☐ 2 pounds red-skinned potatoes scrubbed halved
- ☐ 3 tablespoons sugar

Equipment

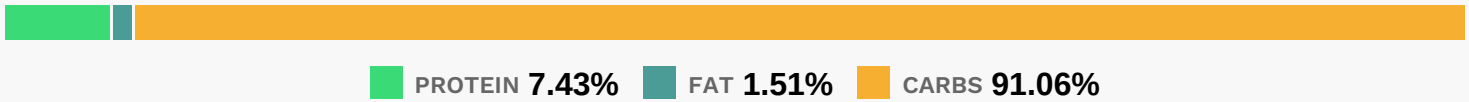
- ☐ bowl

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 400°F.
- ☐ Place potatoes in large bowl. Generously spray potatoes with nonstick spray. Toss to coat.
- ☐ Sprinkle with 3 tablespoons thyme and garlic salt. Toss to coat. Spray large rimmed baking sheet with nonstick spray. Arrange potatoes, cut side down, on sheet. Roast potatoes until tender and golden brown, turning every 15 minutes and roasting about 45 minutes total.
- ☐ Meanwhile, stir vinegar and sugar in heavy small saucepan over high heat until sugar dissolves. Boil until liquid is reduced to 2/3 cup, about 10 minutes.
- ☐ Mix in remaining 1 tablespoon thyme.
- ☐ Transfer potatoes to plates.
- ☐ Drizzle some balsamic syrup over potatoes.
- ☐ Per serving: calories, 208; total fat, 1 g; saturated fat, 0.5 g; cholesterol,
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:27.52, Glycemic Load:9.84, Inflammation Score:-10, Nutrition Score:8.443913044165%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 2.11mg, Luteolin: 2.11mg, Luteolin: 2.11mg, Luteolin: 2.11mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 189.75kcal (9.49%), Fat: 0.31g (0.48%), Saturated Fat: 0.07g (0.47%), Carbohydrates: 42.01g (14%), Net Carbohydrates: 38.79g (14.11%), Sugar: 17.47g (19.41%), Cholesterol: 0mg (0%), Sodium: 817.52mg (35.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.86%), Vitamin C: 20.47mg (24.82%), Potassium: 788.05mg (22.52%), Manganese: 0.38mg (18.96%), Vitamin B6: 0.27mg (13.66%), Iron: 2.39mg (13.26%), Fiber: 3.22g (12.89%),

Copper: 0.25mg (12.3%), Magnesium: 48.4mg (12.1%), Phosphorus: 109.29mg (10.93%), Vitamin B3: 1.82mg (9.11%), Vitamin B1: 0.12mg (8.31%), Folate: 29.32µg (7.33%), Calcium: 51.77mg (5.18%), Vitamin A: 232.3IU (4.65%), Vitamin B5: 0.44mg (4.41%), Zinc: 0.64mg (4.25%), Vitamin K: 4.38µg (4.18%), Vitamin B2: 0.07mg (4.12%), Selenium: 0.79µg (1.13%)