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Balsamic Potatoes ♦♦

Balsamic Potatoes is a delicious side dish made with potatoes, balsamic vinegar, and a few other ingredients. It is a versatile recipe that can be served with various main dishes. The potatoes are roasted to perfection and then tossed in a tangy balsamic glaze, which gives them a rich and flavorful taste. This recipe is easy to make and is sure to impress your family and friends.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 30 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

| | |
|---------------------|------------------|
| 500 g | potatoes |
| 3 tbsp | balsamic vinegar |
| 2 tbsp | olive oil |
| 2 cloves | garlic |

| | |
|---------|----------------|
| 1 tsp | Salt |
| 0.5 tsp | Black pepper |
| 1 tbsp | fresh rosemary |

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Wash and cut the potatoes into bite-sized pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the potatoes, balsamic vinegar, olive oil, minced garlic, salt, black pepper, and fresh rosemary. Toss well to coat the potatoes evenly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Baking

Spread the potatoes in a single layer on a baking sheet lined with parchment paper.

Prep Time: 0 mins

Cook Time: 30 mins

Step 5

Baking

Roast the potatoes in the preheated oven for 30 minutes or until they are golden brown and crispy, stirring occasionally.

Prep Time: 0 mins

Cook Time: 30 mins

Step 6

Cooling

Remove the potatoes from the oven and let them cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 6 g

Protein: 4 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 4 g | 23.53% | 23.53% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 35 g | 63.64% | 70% |
| Fibers | 4 g | 10.53% | 16% |
| Sugars | 2 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 3 g | N/A | N/A |
| Saturated Fat | 1 g | 4.55% | 5.88% |
| Fat | 6 g | 21.43% | 24% |
| Cholesterol | 0 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin A | 0 iu | 0% | 0% |
| Vitamin C | 20 mg | 22.22% | 26.67% |
| Vitamin B6 | 15 mg | 1153.85% | 1153.85% |
| Vitamin B12 | 0 mcg | 0% | 0% |
| Vitamin E | 10 mg | 66.67% | 66.67% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|--------|------------------------|--------------------------|
| Sodium | 400 mg | 17.39% | 17.39% |
| Calcium | 2 mg | 0.2% | 0.2% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Iron | 6 mg | 75% | 33.33% |
| Potassium | 600 mg | 17.65% | 23.08% |
| Zinc | 8 mg | 72.73% | 100% |
| Selenium | 2 mcg | 3.64% | 3.64% |

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Grill

Cuisines

Italian

Middle Eastern

Diet

Anti-Inflammatory Diet

Course

Snacks

Sauces & Dressings

Cooking Method

Steaming

Simmering

Serving

Cooking

None

Stir-frying

Preheating

Sprinkling

Heating

Refrigerating

Preparation

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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