



Almond Glazed Onions



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



160 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1.5 pounds onions boiling trimmed
- ☐ 0.3 cup slivered almonds
- ☐ 2 tablespoons water
- ☐ 6 tablespoons sugar white

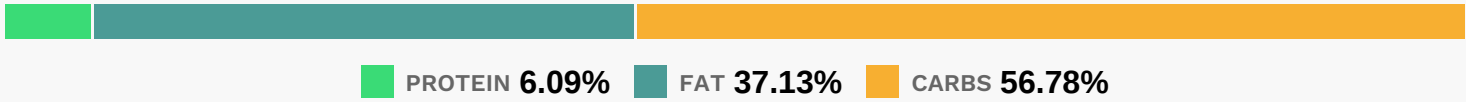
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place onions in a large saucepan with enough water to cover by 1 inch. Bring to boil; cook until onions are tender, 20 to 25 minutes.
- ☐ Drain; slip off skins.
- ☐ Melt butter and sugar in a deep skillet over medium heat. Stir in water and skinned onions. Cook, stirring, until onions begin to color, about 10 minutes.
- ☐ Sprinkle the almonds into the skillet. Cook and stir until onions are golden and almonds are lightly toasted, 4 to 5 additional minutes.

Nutrition Facts



Properties

Glycemic Index:26.18, Glycemic Load:10.77, Inflammation Score:-6, Nutrition Score:4.8717391179956%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.84mg, Isorhamnetin: 5.84mg, Isorhamnetin: 5.84mg, Isorhamnetin: 5.84mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 23.04mg, Quercetin: 23.04mg, Quercetin: 23.04mg, Quercetin: 23.04mg

Nutrients (% of daily need)

Calories: 159.76kcal (7.99%), Fat: 6.93g (10.66%), Saturated Fat: 2.67g (16.71%), Carbohydrates: 23.84g (7.95%), Net Carbohydrates: 21.16g (7.7%), Sugar: 17.05g (18.94%), Cholesterol: 10.03mg (3.34%), Sodium: 34.97mg (1.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.12%), Manganese: 0.28mg (14.19%), Vitamin E: 1.67mg (11.11%), Fiber: 2.68g (10.71%), Vitamin C: 8.39mg (10.17%), Vitamin B6: 0.14mg (7.22%), Magnesium: 27.68mg (6.92%), Phosphorus: 62.87mg (6.29%), Folate: 24.33µg (6.08%), Vitamin B2: 0.1mg (6.05%), Potassium: 210.9mg (6.03%), Copper: 0.11mg (5.38%), Calcium: 43.61mg (4.36%), Vitamin B1: 0.06mg (4.31%), Iron: 0.47mg (2.6%), Zinc: 0.39mg (2.57%), Vitamin A: 118.95IU (2.38%), Vitamin B3: 0.35mg (1.75%), Vitamin B5: 0.17mg (1.73%), Selenium: 0.93µg (1.33%)