



Baked Onions with Thyme



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup wine dry red
- ☐ 3 tablespoons olive oil extra virgin extra-virgin (preferably Tuscan)
- ☐ 6 servings sea salt to taste fine
- ☐ 10 thyme sprigs dried fresh
- ☐ 0.3 cup water

Equipment

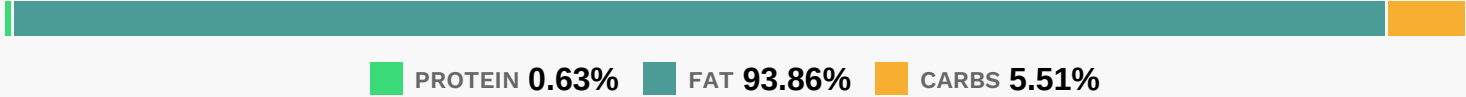
- ☐ frying pan
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 400°F.
- ☐ Cut a slice from both ends of each onion, then halve onions crosswise. Discard outer layers from onions, leaving about a 2 1/2-inch diameter.
- ☐ Arrange onions, trimmed ends down, in an oiled 13- by 9-inch baking pan.
- ☐ Drizzle with oil.
- ☐ Remove leaves from 2 thyme sprigs and sprinkle over onions. Season with sea salt and pepper, then scatter remaining 8 sprigs over onions.
- ☐ Pour wine over onions.
- ☐ Bake, uncovered, in middle of oven, basting with pan juices twice during baking, 40 minutes.
- ☐ Add water to pan and bake until onions are browned and tender, about 50 minutes more.
- ☐ Serve hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.08, Inflammation Score:-8, Nutrition Score:1.0269565302069%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 80.16kcal (4.01%), Fat: 7.03g (10.81%), Saturated Fat: 0.97g (6.09%), Carbohydrates: 0.93g (0.31%), Net Carbohydrates: 0.69g (0.25%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 194.57mg (8.46%), Alcohol: 2.1g (100%), Alcohol %: 6.82% (100%), Protein: 0.11g (0.21%), Vitamin E: 1.01mg (6.72%), Vitamin K: 4.21µg (4.01%),

Vitamin C: 2.67mg (3.23%), Iron: 0.33mg (1.84%), Vitamin A: 79.18IU (1.58%), Manganese: 0.03mg (1.46%)