



Balsamic-Braised Cipolline Onions with Pomegranate



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



150 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 8 servings kosher salt
- ☐ 0.3 cup wine dry red
- ☐ 1 teaspoon brown sugar
- ☐ 3 tablespoons cup heavy whipping cream
- ☐ 1.5 cups chicken broth
- ☐ 2 tablespoons olive oil extra virgin extra-virgin

- ☐ 2 pounds onion boiling
- ☐ 3 ounces cranberries dried

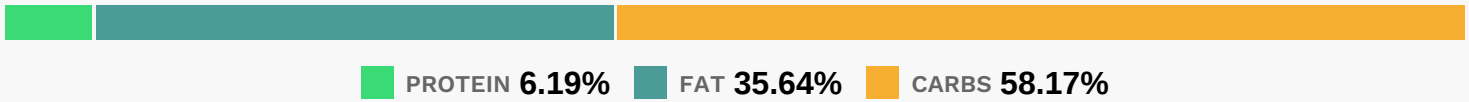
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Blanch onions in large saucepan of boiling water 1 minute.
- ☐ Drain; cool briefly. Peel and trim, leaving core intact.
- ☐ Heat oil in large skillet over medium-high heat.
- ☐ Add onions.
- ☐ Sprinkle with kosher salt and pepper; sauté until brown, 12 minutes.
- ☐ Add next 4 ingredients; bring to boil. Reduce heat. Cover; simmer 15 minutes. Increase heat; boil until onions are tender and liquid is thickened, stirring often, about 18 minutes. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- ☐ Fold crème fraîche into onions (add cranberries, if using). Simmer until sauce coats onions thickly, 2 minutes. Season with salt and pepper.
- ☐ Transfer to bowl; sprinkle with pomegranate seeds.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:3.02, Inflammation Score:-5, Nutrition Score:4.1221739261047%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg

Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 23.54mg, Quercetin: 23.54mg, Quercetin: 23.54mg, Quercetin: 23.54mg

Nutrients (% of daily need)

Calories: 150.39kcal (7.52%), Fat: 6.03g (9.27%), Saturated Fat: 1.91g (11.96%), Carbohydrates: 22.13g (7.38%), Net Carbohydrates: 19.64g (7.14%), Sugar: 14.42g (16.03%), Cholesterol: 6.36mg (2.12%), Sodium: 215.69mg (9.38%), Alcohol: 0.79g (100%), Alcohol %: 0.51% (100%), Protein: 2.36g (4.71%), Vitamin C: 8.45mg (10.24%), Fiber: 2.49g (9.96%), Manganese: 0.19mg (9.29%), Vitamin B6: 0.15mg (7.34%), Potassium: 223.83mg (6.4%), Folate: 21.78µg (5.44%), Vitamin E: 0.8mg (5.34%), Phosphorus: 51.81mg (5.18%), Vitamin B3: 0.8mg (4%), Copper: 0.08mg (3.83%), Vitamin B1: 0.05mg (3.64%), Calcium: 35.24mg (3.52%), Magnesium: 13.61mg (3.4%), Vitamin B2: 0.06mg (3.38%), Vitamin K: 3.55µg (3.38%), Iron: 0.46mg (2.56%), Zinc: 0.27mg (1.79%), Vitamin B5: 0.18mg (1.78%), Vitamin A: 84.96IU (1.7%), Selenium: 0.81µg (1.15%)