



Balsamic Braised Cippolini Onions

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



128 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup balsamic vinegar
- ☐ 1 bay leaf
- ☐ 3 tablespoons honey
- ☐ 1 tablespoon olive oil
- ☐ 1 pound cippolini onions
- ☐ 0.5 teaspoon pepper
- ☐ 2 sprigs rosemary
- ☐ 0.3 teaspoon salt

- ☐ 1 tablespoon butter unsalted
- ☐ 0.5 cup water

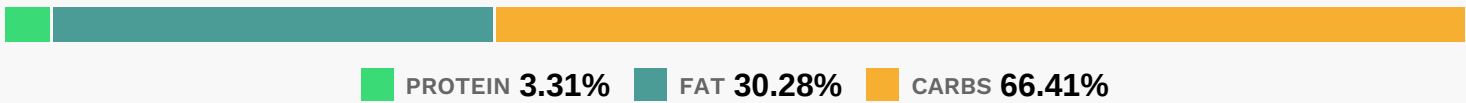
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 400 with rack in middle.
- ☐ Bring a large pot of water to a boil.
- ☐ Add onions and boil 1 minute.
- ☐ Transfer with a slotted spoon to a bowl of ice water.
- ☐ Let stand 1 minute, then peel using a small knife.
- ☐ Melt butter and oil over medium-high heat in a large (12-inch) ovenproof skillet until foam from the butter subsides. Saut onions until browned (about 5 minutes). Carefully add balsamic vinegar (it will splatter a bit), water, honey, rosemary, bay leaf, salt, and pepper, and bring to a simmer.
- ☐ Transfer onions with liquid to oven. Braise, uncovered, until onions are tender and liquid is syrupy (about 1 hour).
- ☐ Remove bay leaf before serving.

Nutrition Facts



Properties

Glycemic Index:38.55, Glycemic Load:8.81, Inflammation Score:-4, Nutrition Score:2.6691304597518%

Flavonoids

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: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.35mg, Quercetin: 15.35mg, Quercetin: 15.35mg, Quercetin: 15.35mg

Nutrients (% of daily need)

Calories: 128.15kcal (6.41%), Fat: 4.31g (6.64%), Saturated Fat: 1.56g (9.73%), Carbohydrates: 21.28g (7.09%), Net Carbohydrates: 19.92g (7.24%), Sugar: 16.59g (18.44%), Cholesterol: 5.02mg (1.67%), Sodium: 109.01mg (4.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.12%), Manganese: 0.17mg (8.56%), Vitamin C: 5.68mg (6.88%), Fiber: 1.37g (5.47%), Vitamin B6: 0.09mg (4.73%), Potassium: 154.76mg (4.42%), Folate: 14.8µg (3.7%), Magnesium: 12.22mg (3.05%), Phosphorus: 29.27mg (2.93%), Calcium: 29.16mg (2.92%), Vitamin E: 0.41mg (2.71%), Iron: 0.48mg (2.67%), Copper: 0.05mg (2.38%), Vitamin B1: 0.04mg (2.35%), Vitamin K: 2.14µg (2.04%), Vitamin B2: 0.03mg (1.51%), Vitamin A: 62.81IU (1.26%), Zinc: 0.19mg (1.23%), Vitamin B5: 0.1mg (1.05%)