



Balsamic Roasted Onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



73 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.5 teaspoon basil dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 tablespoon olive oil
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1.8 pounds onions sweet

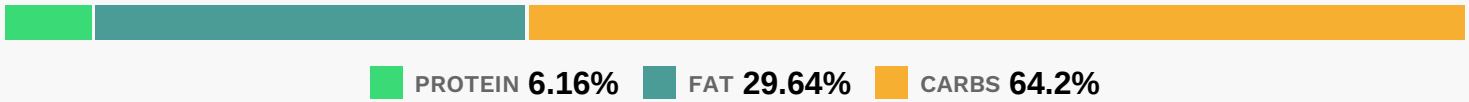
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 45
- ☐ Peel onions, leaving roots intact; cut each onion into 6 wedges.
- ☐ Place onion wedges in an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Combine vinegar and remaining ingredients in a small bowl; pour vinegar mixture over onion wedges, tossing gently to coat. Cover and bake at 450 for 25 minutes. Uncover and bake an additional 45 minutes or until tender.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0.91, Inflammation Score:-6, Nutrition Score:3.4282608880945%

Flavonoids

Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 1.51mg, Myricetin: 1.51mg, Myricetin: 1.51mg, Myricetin: 1.51mg Quercetin: 19.21mg, Quercetin: 19.21mg, Quercetin: 19.21mg, Quercetin: 19.21mg

Nutrients (% of daily need)

Calories: 73.07kcal (3.65%), Fat: 2.46g (3.78%), Saturated Fat: 0.33g (2.06%), Carbohydrates: 11.97g (3.99%), Net Carbohydrates: 10.68g (3.88%), Sugar: 8.23g (9.15%), Cholesterol: 0mg (0%), Sodium: 110.13mg (4.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.3%), Vitamin B6: 0.17mg (8.71%), Vitamin C: 6.43mg (7.8%), Folate: 31.15µg (7.79%), Manganese: 0.14mg (7.07%), Vitamin K: 6.16µg (5.86%), Fiber: 1.29g (5.18%), Potassium: 173.48mg (4.96%), Copper: 0.08mg (4.03%), Iron: 0.72mg (4%), Phosphorus: 38.37mg (3.84%), Vitamin B1: 0.06mg (3.68%), Magnesium: 14.21mg (3.55%), Calcium: 34.61mg (3.46%), Vitamin E: 0.38mg (2.56%), Vitamin B2: 0.03mg (1.66%), Zinc: 0.2mg (1.32%), Vitamin B5: 0.13mg (1.31%)