



Balsamic Roasted Onions

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



203 kcal

SIDE DISH

Ingredients

- ☐ 6 tablespoons balsamic vinegar
- ☐ 6 tablespoons butter ()
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 cup olive oil
- ☐ 4 pounds onions red
- ☐ 3 tablespoons sugar

Equipment

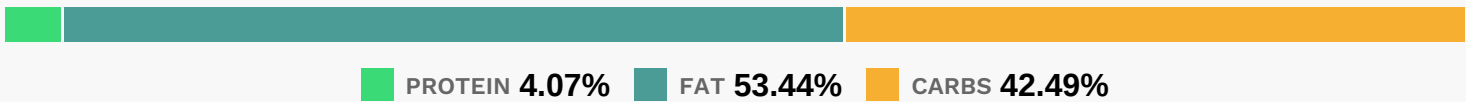
- ☐ bowl

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Position 1 rack in center and 1 rack in bottom third of oven; preheat to 500°F. Line 2 large baking sheets with foil.
- ☐ Cut onions through root end into 3/4-inch-thick wedges.
- ☐ Place in medium bowl; toss with oil. Arrange onions, cut side down, on baking sheets.
- ☐ Sprinkle with salt and pepper. Roast until onions are brown and tender, rotating pans in oven and turning onions once, about 45 minutes.
- ☐ Meanwhile, melt butter in heavy small saucepan over medium-high heat.
- ☐ Add sugar and stir until sugar dissolves.
- ☐ Remove from heat.
- ☐ Add vinegar. Return to heat. Simmer until mixture thickens slightly, about 2 minutes. (Onions and balsamic glaze can be made 1 day ahead. Cool. Cover separately and chill. Rewarm onions in 375°F oven about 15 minutes. Stir glaze over low heat to rewarm.)
- ☐ Arrange onions on platter.
- ☐ Drizzle glaze over.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:22.91, Glycemic Load:7.08, Inflammation Score:-7, Nutrition Score:5.6339130654283%

Flavonoids

Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 9.09mg, Isorhamnetin: 9.09mg, Isorhamnetin: 9.09mg,

Isorhamnetin: 9.09mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 36.83mg, Quercetin: 36.83mg, Quercetin: 36.83mg, Quercetin: 36.83mg

Nutrients (% of daily need)

Calories: 202.99kcal (10.15%), Fat: 12.41g (19.09%), Saturated Fat: 5.14g (32.12%), Carbohydrates: 22.2g (7.4%), Net Carbohydrates: 19.1g (6.95%), Sugar: 12.73g (14.14%), Cholesterol: 18.06mg (6.02%), Sodium: 63.85mg (2.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.25%), Vitamin C: 13.96mg (16.92%), Fiber: 3.1g (12.39%), Manganese: 0.25mg (12.37%), Vitamin B6: 0.22mg (10.92%), Vitamin K: 11.12µg (10.59%), Folate: 35.33µg (8.83%), Potassium: 280.01mg (8%), Vitamin E: 1.01mg (6.75%), Phosphorus: 56.69mg (5.67%), Vitamin B1: 0.08mg (5.61%), Vitamin A: 247.24IU (4.94%), Magnesium: 19.66mg (4.92%), Calcium: 46.98mg (4.7%), Copper: 0.07mg (3.71%), Vitamin B2: 0.05mg (3.11%), Iron: 0.51mg (2.83%), Vitamin B5: 0.23mg (2.34%), Zinc: 0.33mg (2.19%), Selenium: 1.01µg (1.45%), Vitamin B3: 0.22mg (1.1%)