



# Balsamic-Roasted Pearl Onions

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



102 kcal

SIDE DISH

## Ingredients

- 20 ounces pearl onions fresh frozen dry thawed
- 0.3 cup balsamic vinegar
- 1 tablespoon olive oil
- 1 serving coarse mustard

## Equipment

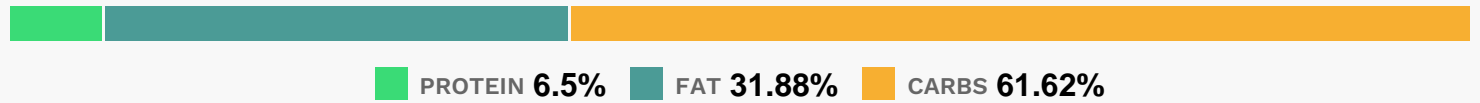
- baking sheet
- oven
- knife

aluminum foil

## Directions

- Preheat oven to 450 degrees. If using fresh onions, soak them in warm water for 5 minutes to loosen skins; using a paring knife, cut off ends, and peel onions.
- Toss onions with vinegar and oil on a foil-lined rimmed baking sheet; season with salt and pepper. Roast until onions are tender, 25 to 30 minutes, stirring 2 or 3 times and rotating baking sheet halfway through.

## Nutrition Facts



## Properties

Glycemic Index:27.25, Glycemic Load:4.28, Inflammation Score:-6, Nutrition Score:3.9926087263486%

## Flavonoids

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: 7.1mg, Isorhamnetin: 7.1mg, Isorhamnetin: 7.1mg, Isorhamnetin: 7.1mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 28.77mg, Quercetin: 28.77mg, Quercetin: 28.77mg, Quercetin: 28.77mg

## Nutrients (% of daily need)

Calories: 102.43kcal (5.12%), Fat: 3.68g (5.67%), Saturated Fat: 0.55g (3.41%), Carbohydrates: 16.02g (5.34%), Net Carbohydrates: 13.56g (4.93%), Sugar: 8.41g (9.35%), Cholesterol: 0mg (0%), Sodium: 23.16mg (1.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.38%), Vitamin C: 10.49mg (12.72%), Manganese: 0.21mg (10.45%), Fiber: 2.46g (9.85%), Vitamin B6: 0.17mg (8.55%), Folate: 27.02µg (6.75%), Potassium: 226.71mg (6.48%), Phosphorus: 45.48mg (4.55%), Vitamin B1: 0.07mg (4.5%), Magnesium: 16.69mg (4.17%), Calcium: 37.73mg (3.77%), Vitamin E: 0.54mg (3.58%), Copper: 0.06mg (3.02%), Vitamin K: 2.69µg (2.56%), Iron: 0.45mg (2.51%), Vitamin B2: 0.04mg (2.3%), Vitamin B5: 0.18mg (1.78%), Zinc: 0.26mg (1.74%), Selenium: 1.13µg (1.62%)