



Bbq Onion Steaks with Honey-Mustard Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



205 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter melted ()
- ☐ 0.3 cup dijon mustard
- ☐ 0.3 cup honey
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon summer savory fresh chopped
- ☐ 2 large onion sweet peeled (such as Walla Walla, Vidalia, or Maui)
- ☐ 1.5 teaspoons worcestershire sauce

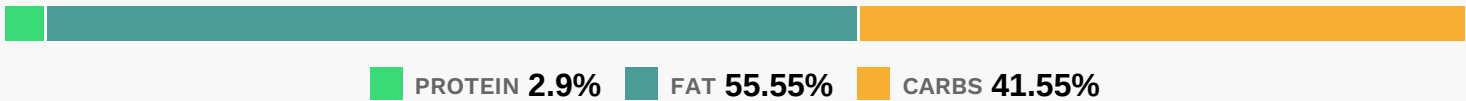
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ Prepare barbecue (medium-high heat).
- ☐ Whisk oil and butter in small bowl.
- ☐ Whisk mustard and next 3 ingredients in another small bowl.
- ☐ Run 2 thin metal skewers or soaked bamboo skewers parallel through each onion slice, placing skewers about 1 1/2 inches apart to keep slice intact. Trim ends of bamboo skewers.
- ☐ Brush both sides of onion slices with oil mixture.
- ☐ Place onions on grill and cook until beginning to char, turning and brushing often with oil mixture, about 11 minutes.
- ☐ Brush top side of onions with mustard mixture and cook until mixture begins to bubble, about 2 minutes. Turn onions; brush with mustard mixture and grill until beginning to caramelize, about 1 minute longer.
- ☐ Transfer onions to plate.
- ☐ Brush with mustard mixture.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:6.1, Inflammation Score:-6, Nutrition Score:5.5730434500653%

Flavonoids

Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg

Quercetin: 16.02mg, Quercetin: 16.02mg, Quercetin: 16.02mg, Quercetin: 16.02mg

Nutrients (% of daily need)

Calories: 205.45kcal (10.27%), Fat: 13.37g (20.57%), Saturated Fat: 3.75g (23.43%), Carbohydrates: 22.5g (7.5%), Net Carbohydrates: 19.91g (7.24%), Sugar: 17.44g (19.37%), Cholesterol: 10.03mg (3.34%), Sodium: 173.79mg (7.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.14%), Manganese: 0.29mg (14.44%), Fiber: 2.59g (10.37%), Vitamin B6: 0.2mg (9.92%), Vitamin E: 1.46mg (9.76%), Iron: 1.58mg (8.76%), Calcium: 84.81mg (8.48%), Vitamin C: 6.84mg (8.29%), Folate: 26.65µg (6.66%), Selenium: 4.36µg (6.23%), Magnesium: 24.77mg (6.19%), Vitamin K: 6.25µg (5.95%), Potassium: 193.32mg (5.52%), Vitamin B1: 0.08mg (5.07%), Vitamin A: 252.7IU (5.05%), Copper: 0.1mg (4.86%), Phosphorus: 47.03mg (4.7%), Zinc: 0.35mg (2.36%), Vitamin B2: 0.04mg (2.22%), Vitamin B3: 0.34mg (1.68%), Vitamin B5: 0.15mg (1.54%)