



Braised Baby Onions with Orange Juice and Balsamic Vinegar



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



137 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup balsamic vinegar
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.8 cup orange juice fresh
- ☐ 2 pounds pearl onions fresh

Equipment

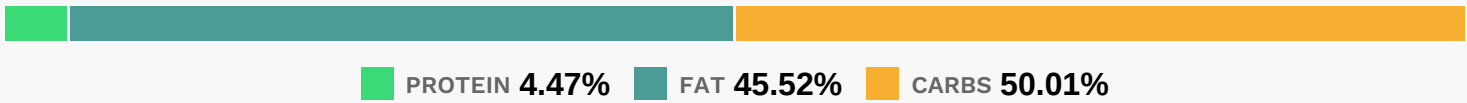
- ☐ bowl
- ☐ frying pan

- ☐ knife
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Blanch onions in large pot of boiling salted water 15 seconds. Using slotted spoon, transfer to large bowl of ice water to cool. Trim root end if necessary, leaving core intact. Peel onions.
- ☐ Heat oil in large nonstick skillet over high heat.
- ☐ Add onions and sauté until onions have deep golden brown spots, about 9 minutes.
- ☐ Add orange juice and vinegar; bring to boil, scraping up browned bits. Reduce heat to medium-low, cover, and simmer until onions are just tender when pierced with knife, about 8 minutes. Using slotted spoon, transfer onions to medium bowl. Boil juices in skillet until syrupy and reduced to 2/3 cup, about 3 minutes.
- ☐ Pour over onions.
- ☐ Serve warm or at room temperature. (Can be made 1 day ahead. Cover and chill. Rewarm or bring to room temperature before serving.)
- ☐ Market Tip
- ☐ Cipolline onions are small, flat Italian onions. They can be found in the produce section of many supermarkets and Italian markets.

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:5.61, Inflammation Score:-5, Nutrition Score:4.5400000162747%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.78mg, Hesperetin: 2.78mg, Hesperetin: 2.78mg, Hesperetin: 2.78mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg 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: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin:

23.08mg, Quercetin: 23.08mg, Quercetin: 23.08mg, Quercetin: 23.08mg

Nutrients (% of daily need)

Calories: 136.53kcal (6.83%), Fat: 6.91g (10.63%), Saturated Fat: 0.98g (6.15%), Carbohydrates: 17.08g (5.69%), Net Carbohydrates: 15.11g (5.49%), Sugar: 10.34g (11.48%), Cholesterol: 0mg (0%), Sodium: 10.4mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.05%), Vitamin C: 20.02mg (24.26%), Manganese: 0.18mg (9.04%), Fiber: 1.97g (7.9%), Vitamin B6: 0.15mg (7.27%), Folate: 28.52µg (7.13%), Potassium: 238.9mg (6.83%), Vitamin E: 1mg (6.69%), Vitamin B1: 0.07mg (4.87%), Vitamin K: 4.54µg (4.32%), Magnesium: 16.77mg (4.19%), Phosphorus: 41.38mg (4.14%), Calcium: 35.16mg (3.52%), Copper: 0.06mg (3.03%), Iron: 0.49mg (2.75%), Vitamin B2: 0.04mg (2.21%), Vitamin B5: 0.18mg (1.84%), Zinc: 0.22mg (1.49%), Vitamin B3: 0.22mg (1.12%)