



Braised Onions

READY IN



45 min.

SERVINGS



4

CALORIES



775 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound pearl onions
- ☐ 4 servings butter
- ☐ 4 servings chicken stock see for vegetarian option (or vegetable stock)
- ☐ 4 servings salt and pepper
- ☐ 4 servings sugar (for brown-braised onions)
- ☐ 4 servings meat from a rotisserie chicken
- ☐ 4 servings beef
- ☐ 4 servings fatty pork
- ☐ 4 servings fish and seafood

☐ 4 servings pasta and noodles

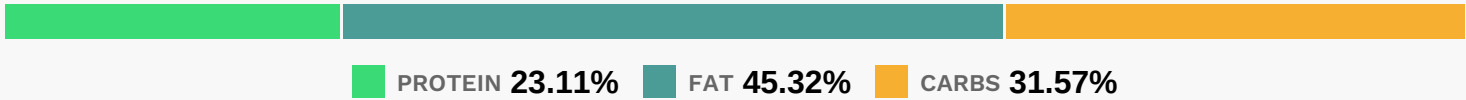
Equipment

☐ sauce pan

Directions

- ☐ Blanch the onions: Blanch the onions in boiling water for one minute.
- ☐ Drain and rinse in cold water to stop cooking. Slice off the ends; slip off the skins.
- ☐ If you are using frozen pearl onions, defrost and drain them before the next step.
- ☐ Put onions in one layer in a saucepan with chicken stock or water coming up halfway.
- ☐ Add 1 Tbsp butter, season lightly, cover, and simmer slowly 25 minutes, or until tender.
- ☐ Before braising, sauté peeled onions in one layer in butter until lightly browned. Then add liquid, salt, and 1 teaspoon of sugar; cover and simmer slowly 25 minutes, or until tender.
- ☐ Uncover and boil off excess liquid: Uncover, boil off excess liquid, and fold in another Tbsp of butter if you wish.
- ☐ (optional) For "creamed" onions add some heavy cream to white-braised onions when they are just tender. Simmer several minutes until thickened, basting.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:21.64, Inflammation Score:-8, Nutrition Score:25.347825910734%

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: 8.44mg, Isorhamnetin: 8.44mg, Isorhamnetin: 8.44mg, Isorhamnetin: 8.44mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 34.18mg, Quercetin: 34.18mg, Quercetin: 34.18mg, Quercetin: 34.18mg

Nutrients (% of daily need)

Calories: 775.44kcal (38.77%), Fat: 38.63g (59.44%), Saturated Fat: 14.08g (87.99%), Carbohydrates: 60.55g (20.18%), Net Carbohydrates: 55.9g (20.33%), Sugar: 10.64g (11.82%), Cholesterol: 153.68mg (51.23%), Sodium: 1310mg (56.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.34g (88.68%), Selenium: 65.32µg (93.31%), Vitamin B3: 12.2mg (61.01%), Vitamin B6: 0.94mg (47.07%), Phosphorus: 453.09mg (45.31%), Zinc: 6.08mg (40.54%), Manganese: 0.76mg (38.04%), Vitamin B12: 2.19µg (36.44%), Potassium: 812.4mg (23.21%), Magnesium: 83.23mg (20.81%), Iron: 3.72mg (20.69%), Vitamin B2: 0.34mg (19.98%), Vitamin B5: 1.88mg (18.79%), Fiber: 4.65g (18.62%), Vitamin C: 14.2mg (17.22%), Copper: 0.33mg (16.64%), Vitamin B1: 0.24mg (15.83%), Vitamin A: 780.81IU (15.62%), Folate: 54.97µg (13.74%), Calcium: 79.28mg (7.93%), Vitamin E: 0.89mg (5.93%), Vitamin K: 4.25µg (4.05%), Vitamin D: 0.33µg (2.22%)