



Braised Pearl Onions

 **Gluten Free**

READY IN

ready

11 min.

SERVINGS

servings

6

CALORIES

calories

279 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

Ingredients

- ☐ 6 chili de arbol or dried red crushed
- ☐ 3 bay leaves
- ☐ 3 tablespoons canola oil
- ☐ 0.8 cup cooking wine dry white
- ☐ 4.5 cups fish stock white
- ☐ 12 sprigs thyme leaves fresh
- ☐ 30 pearl onions white peeled
- ☐ 6 tablespoons butter unsalted

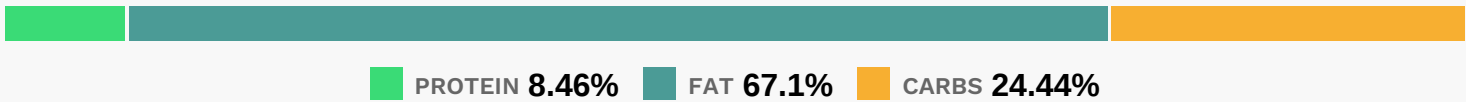
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a large skillet until hot; add onions. Saut 10 minutes or until golden brown, stirring occasionally.
- ☐ Add chili de arbol, bay leaves, and thyme; cook 1 minute.
- ☐ Add white wine, and cook until reduced by half.
- ☐ Add fish stock. Bring mixture to a boil; cook 25 minutes or until liquid has almost evaporated.
- ☐ Add butter to pan, stirring until melted.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:3.31, Inflammation Score:-10, Nutrition Score:8.0591305597969%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 30.46mg, Quercetin: 30.46mg, Quercetin: 30.46mg, Quercetin: 30.46mg

Nutrients (% of daily need)

Calories: 278.6kcal (13.93%), Fat: 19.66g (30.24%), Saturated Fat: 8.03g (50.16%), Carbohydrates: 16.11g (5.37%), Net Carbohydrates: 13.23g (4.81%), Sugar: 6.83g (7.59%), Cholesterol: 30.1mg (10.03%), Sodium: 592.81mg (25.77%), Alcohol: 3.09g (100%), Alcohol %: 1.01% (100%), Protein: 5.58g (11.16%), Vitamin C: 14.33mg (17.36%), Vitamin B3: 2.77mg (13.84%), Manganese: 0.27mg (13.47%), Vitamin E: 1.89mg (12.62%), Potassium: 415.43mg (11.87%), Fiber: 2.88g (11.51%), Vitamin B6: 0.22mg (11.18%), Phosphorus: 109.64mg (10.96%), Calcium: 104.31mg (10.43%), Vitamin A: 487.94IU (9.76%), Folate: 37.56µg (9.39%), Copper: 0.17mg (8.38%), Vitamin K: 7.16µg (6.82%),

Vitamin B2: 0.12mg (6.78%), Iron: 1.17mg (6.5%), Magnesium: 23.52mg (5.88%), Vitamin B1: 0.07mg (4.83%), Zinc: 0.53mg (3.53%), Vitamin B12: 0.21µg (3.45%), Selenium: 2.22µg (3.18%), Vitamin B5: 0.22mg (2.22%), Vitamin D: 0.21µg (1.4%)