



Butter-Braised Cipollini Onions with Arugula and Balsamic Syrup on Multi-grain Toast

 Vegetarian

READY IN



90 min.

SERVINGS



6

CALORIES



268 kcal

SIDE DISH

Ingredients

- ☐ 8 lightly cups baby arugula packed
- ☐ 1 cup year-old balsamic vinegar
- ☐ 1.5 ounces lightly brown sugar light packed
- ☐ 8 ounces cipollini onions
- ☐ 4.5 inch multi-grain bread
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 pinch of pepper flakes red crushed

- ☐ 1 sprig thyme leaves fresh 3-inch
- ☐ 8 tablespoons butter unsalted 1 stick
- ☐ 1 cup banyuls vinegar

Equipment

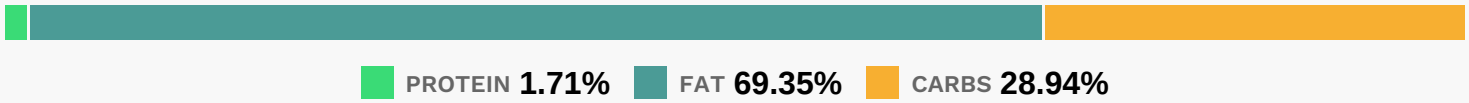
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife

Directions

- ☐ To prepare the balsamic syrup, in a small saucepan, stir together the brown sugar, balsamic vinegar, red pepper flakes, and thyme. Bring to a simmer over medium heat and simmer until the mixture has reduced by one-third and is syrupy enough to coat the back of the spoon, about 20 minutes.
- ☐ Let cool to room temperature and then strain. Store the syrup in a covered jar at room temperature for up to 1 month.
- ☐ Bring a medium saucepan of water to a simmer.
- ☐ Place the onions in a medium, heat-proof bowl and cover them with the simmering water.
- ☐ Let sit for 10 minutes and then slip off their skins, using a paring knife to loosen the ends if necessary.
- ☐ In a deep, medium saute pan, melt 4 tablespoons of the butter over medium heat.
- ☐ Add the onions and cook, stirring often, until they are golden brown on both sides, 5 to 10 minutes.
- ☐ Add the vinegar and scrape up the browned glaze from the bottom of the pan. Bring to a simmer over medium heat and add the remaining 4 tablespoons of butter. Reduce the heat to low, cover the pan tightly, and simmer until the onions are tender when pierced with the tip of a knife, 20 to 30 minutes.
- ☐ Remove the pan from the heat and let them sit, still covered.
- ☐ Generously brush both sides of the bread with oil. Toast the slices in a large skillet over medium heat until they are crispy and golden on both sides, 4 to 5 minutes per side. Divide them among 6 serving plates.

In a large bowl, toss the arugula with enough of the warm onion cooking liquid to make the leaves glossy. Divide the arugula among the pieces of toast. Top each with 3 onions and drizzle with about 1 tablespoon of the balsamic syrup.

Nutrition Facts



Properties

Glycemic Index:45.62, Glycemic Load:4.93, Inflammation Score:-6, Nutrition Score:3.383912998697%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.88mg, Quercetin: 7.88mg, Quercetin: 7.88mg, Quercetin: 7.88mg

Nutrients (% of daily need)

Calories: 267.92kcal (13.4%), Fat: 19.94g (30.67%), Saturated Fat: 10.27g (64.16%), Carbohydrates: 18.72g (6.24%), Net Carbohydrates: 17.89g (6.5%), Sugar: 15g (16.67%), Cholesterol: 40.13mg (13.38%), Sodium: 25.85mg (1.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.21%), Vitamin A: 543.43IU (10.87%), Manganese: 0.19mg (9.27%), Vitamin E: 1.14mg (7.6%), Vitamin K: 7.34µg (6.99%), Vitamin C: 3.46mg (4.2%), Calcium: 41.23mg (4.12%), Potassium: 133.53mg (3.82%), Magnesium: 13.33mg (3.33%), Iron: 0.6mg (3.32%), Fiber: 0.83g (3.31%), Phosphorus: 31.15mg (3.12%), Folate: 11.28µg (2.82%), Vitamin B6: 0.06mg (2.79%), Copper: 0.04mg (2.1%), Vitamin D: 0.28µg (1.87%), Vitamin B1: 0.03mg (1.8%), Selenium: 1.18µg (1.68%), Vitamin B2: 0.02mg (1.35%), Zinc: 0.17mg (1.14%), Vitamin B5: 0.1mg (1.02%)