



WHATSheATE



Butter-Braised Spring Onions with Lots of Chives



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



137 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup chives fresh chopped
- ☐ 4 servings kosher salt
- ☐ 1 pound spring onion ends trimmed
- ☐ 4 tablespoons butter unsalted divided ()

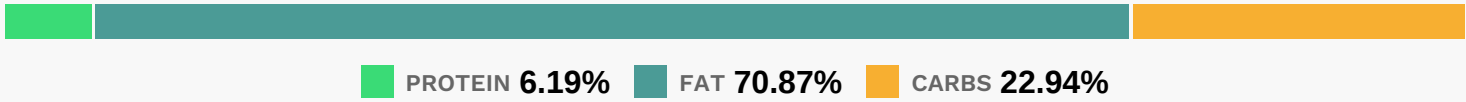
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Lay onions in a large skillet, trimming top of dark greens to fit.
- ☐ Add 2 tablespoons butter and 1/2 cup water to skillet; season with salt. Bring to a boil; cover. Reduce heat and simmer onions until greens are soft and bulbs are almost tender, 15–20 minutes. Uncover and cook, turning onions occasionally, until bulbs are completely tender, 5–8 minutes longer.
- ☐ Transfer onions to a plate. Simmer cooking liquid in skillet until reduced to 2 tablespoons, about 1 minute.
- ☐ Remove from heat and whisk in remaining 2 tablespoons butter. Return onions to skillet and turn to coat with sauce. Top with chives.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:1.74, Inflammation Score:-9, Nutrition Score:11.896521761366%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Quercetin: 12.23mg, Quercetin: 12.23mg, Quercetin: 12.23mg, Quercetin: 12.23mg

Nutrients (% of daily need)

Calories: 137.42kcal (6.87%), Fat: 11.59g (17.83%), Saturated Fat: 7.23g (45.2%), Carbohydrates: 8.44g (2.81%), Net Carbohydrates: 5.43g (1.97%), Sugar: 2.7g (3%), Cholesterol: 30.1mg (10.03%), Sodium: 213.55mg (9.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.55%), Vitamin K: 241.04µg (229.56%), Vitamin A: 1589.26IU (31.79%), Vitamin C: 22.77mg (27.6%), Folate: 75.62µg (18.9%), Fiber: 3.01g (12.04%), Manganese: 0.19mg (9.59%), Iron: 1.72mg (9.57%), Potassium: 323.78mg (9.25%), Calcium: 87.43mg (8.74%), Vitamin E: 0.95mg (6.36%), Magnesium: 24.01mg (6%), Vitamin B2: 0.1mg (5.79%), Copper: 0.1mg (5.02%), Phosphorus: 46.77mg (4.68%), Vitamin B1: 0.06mg (4.33%), Vitamin B6: 0.07mg (3.65%), Zinc: 0.47mg (3.13%), Vitamin B3: 0.62mg (3.09%), Vitamin D: 0.21µg (1.4%), Selenium: 0.84µg (1.2%), Vitamin B5: 0.11mg (1.09%)