



Caramelized Cipollini Onions



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



48 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 tablespoon butter
- ☐ 1 pound cipollini onions peeled
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 cup chicken broth reduced-sodium
- ☐ 8 servings salt

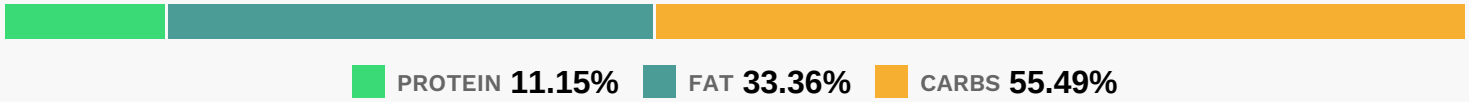
Equipment

- ☐ frying pan

Directions

- ☐ In a large frying pan, melt butter over medium heat.
- ☐ Add onions and cook, stirring often, until they start to turn golden brown (be careful not to burn them), about 10 minutes.
- ☐ Add white wine and vinegar and cook, stirring occasionally, until liquid is reduced to a glaze, about 3 minutes.
- ☐ Add chicken broth and salt to taste. Reduce heat to medium-low and simmer until liquid is nearly evaporated and onions are tender and a rich brown, 10 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:1.37, Inflammation Score:-3, Nutrition Score:1.8321739189003%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.51mg, Quercetin: 11.51mg, Quercetin: 11.51mg, Quercetin: 11.51mg

Nutrients (% of daily need)

Calories: 47.86kcal (2.39%), Fat: 1.65g (2.54%), Saturated Fat: 0.98g (6.1%), Carbohydrates: 6.19g (2.06%), Net Carbohydrates: 5.22g (1.9%), Sugar: 2.81g (3.13%), Cholesterol: 3.76mg (1.25%), Sodium: 217mg (9.43%), Alcohol: 0.77g (100%), Alcohol %: 1% (100%), Protein: 1.24g (2.49%), Vitamin C: 4.2mg (5.09%), Manganese: 0.09mg (4.25%), Fiber: 0.96g (3.86%), Vitamin B6: 0.07mg (3.74%), Potassium: 116.18mg (3.32%), Phosphorus: 27.44mg (2.74%), Folate: 10.9µg (2.73%), Vitamin B3: 0.48mg (2.39%), Copper: 0.04mg (1.91%), Vitamin B1: 0.03mg (1.77%), Magnesium: 6.99mg (1.75%), Calcium: 15.98mg (1.6%), Vitamin B2: 0.03mg (1.52%), Iron: 0.22mg (1.21%)