



WHATSheATE



Caramelized-Onion, Rosemary, and Pine Nut Topping



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



168 kcal

SIDE DISH

Ingredients

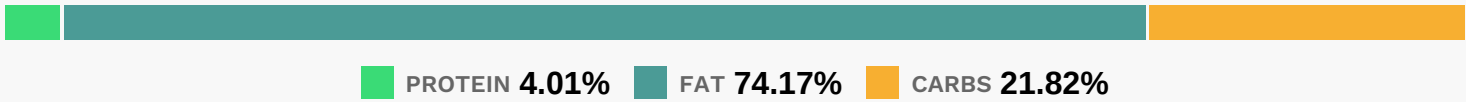
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 0.3 cup olive oil
- ☐ 1.3 pounds onion thinly sliced
- ☐ 3 tablespoons pinenuts toasted
- ☐ 0.5 teaspoon sea salt fine

Equipment

Directions

- ☐ Melt butter with oil in heavy large skillet over medium-high heat.
- ☐ Add onions; sauté until tender, about 5 minutes. Reduce heat to low; mix in rosemary and salt. Sauté until onions are golden, about 30 minutes. Season with pepper. Cover and chill up to 3 days. Stir in pine nuts before using.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:1.95, Inflammation Score:-5, Nutrition Score:5.1082608780783%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 4.73mg, Isorhamnetin: 4.73mg, Isorhamnetin: 4.73mg, Isorhamnetin: 4.73mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 19.18mg, Quercetin: 19.18mg, Quercetin: 19.18mg, Quercetin: 19.18mg

Nutrients (% of daily need)

Calories: 168.18kcal (8.41%), Fat: 14.43g (22.19%), Saturated Fat: 2.74g (17.1%), Carbohydrates: 9.55g (3.18%), Net Carbohydrates: 7.71g (2.8%), Sugar: 4.19g (4.65%), Cholesterol: 5.02mg (1.67%), Sodium: 212.94mg (9.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.51%), Manganese: 0.57mg (28.29%), Vitamin E: 1.84mg (12.24%), Vitamin C: 7.11mg (8.61%), Vitamin K: 8.65µg (8.24%), Fiber: 1.84g (7.35%), Vitamin B6: 0.12mg (5.96%), Phosphorus: 56.93mg (5.69%), Magnesium: 22.35mg (5.59%), Copper: 0.1mg (5.2%), Folate: 20.09µg (5.02%), Potassium: 170.73mg (4.88%), Vitamin B1: 0.06mg (4.13%), Zinc: 0.49mg (3.26%), Iron: 0.55mg (3.05%), Calcium: 24.36mg (2.44%), Vitamin B2: 0.04mg (2.24%), Vitamin B3: 0.33mg (1.67%), Vitamin A: 71.4IU (1.43%), Vitamin B5: 0.14mg (1.37%)