



Caramelized Onions

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



4

CALORIES



220 kcal

SIDE DISH

Ingredients

- 6 slices bacon chopped
- 2 tablespoons blackstrap molasses
- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 2 onion sweet cut into thin strips

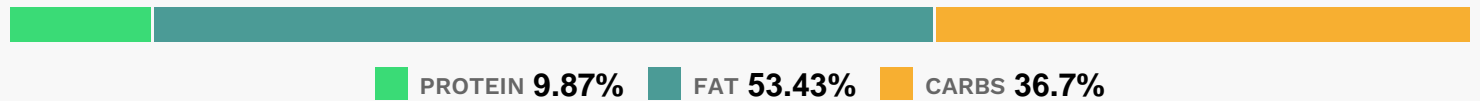
Equipment

- frying pan

Directions

- Place bacon in a heavy skillet. Cook over medium-high heat until crisp.
- Remove bacon, reserving 1 tablespoon drippings in skillet. Crumble bacon, and set aside.
- Cook onions in reserved drippings for 15 minutes, or until onion is soft and caramel colored. Stir in molasses, salt and pepper.
- Place in a serving dish, and sprinkle with crumbled bacon.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:3.3, Inflammation Score:-6, Nutrition Score:6.9634782736716%

Flavonoids

Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 24.03mg, Quercetin: 24.03mg, Quercetin: 24.03mg, Quercetin: 24.03mg

Nutrients (% of daily need)

Calories: 219.88kcal (10.99%), Fat: 13.24g (20.38%), Saturated Fat: 4.39g (27.45%), Carbohydrates: 20.47g (6.82%), Net Carbohydrates: 18.95g (6.89%), Sugar: 15.78g (17.53%), Cholesterol: 21.78mg (7.26%), Sodium: 380.77mg (16.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.5g (11%), Vitamin B6: 0.37mg (18.51%), Manganese: 0.3mg (14.94%), Selenium: 9.25µg (13.21%), Potassium: 409.98mg (11.71%), Vitamin B1: 0.16mg (10.88%), Magnesium: 43.27mg (10.82%), Vitamin C: 7.94mg (9.63%), Phosphorus: 95.5mg (9.55%), Folate: 38.09µg (9.52%), Vitamin B3: 1.64mg (8.21%), Copper: 0.16mg (7.85%), Fiber: 1.52g (6.08%), Iron: 1.05mg (5.84%), Calcium: 55.89mg (5.59%), Vitamin B5: 0.43mg (4.27%), Zinc: 0.64mg (4.24%), Vitamin B2: 0.06mg (3.54%), Vitamin B12: 0.17µg (2.75%), Vitamin E: 0.18mg (1.18%)