

Caramelized Onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



130 min.

SERVINGS



10

CALORIES



119 kcal

SIDE DISH

Ingredients


- ☐ 0.3 cup grapeseed oil
- ☐ 16 medium onion with just the tops trimmed off peeled
- ☐ 1 teaspoons frangelico
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Equipment

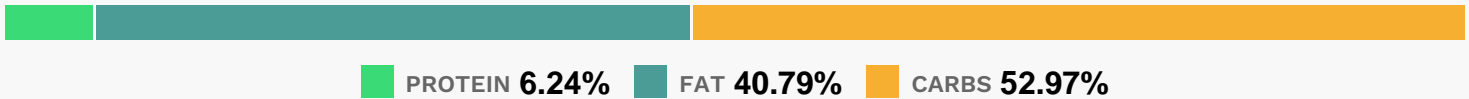
- ☐ frying pan
- ☐ pot
- ☐ ice cube tray

 baking spatula

Directions

 Add the oil to a large heavy bottomed pot, holding the root part of the onion use a mandolin to slice the onions straight into the pot, discarding the root. When you're done slicing, add the salt and stir. Cover the pot with a lid, and then turn the burner on to medium-low heat. Cook covered until the onions have mostly broken down and are a pale brown sludge (about 45-60 minutes). Be sure to stir the pot periodically, checking to make sure the onions aren't burning. If they are, turn down the heat and add a bit of water. Once the onions have gotten to this stage, remove the lid and continue cooking until there isn't water vapor coming up from the onions (another 45-60 minutes). You'll want to stir the onions every few minutes to make sure they're not burning. Once most of the moisture has burned off, you'll need to constantly stir the onions, scraping up the bottom of the pot with a silicone spatula to keep the onions from burning. Fry the onions until they are very glossy and are the color of coffee with milk. If the onions start burning to the bottom of the pan before they reach this stage, deglaze the pan with a bit of water, scrapping the browned bits off the bottom of the pot. Once your onions are fully caramelized, turn off the heat and allow them to cool. To store them for later use, fill a clean ice cube tray and freeze them. Once the onions are frozen you can remove them from the tray and place them in a Ziploc bag.

Nutrition Facts



Properties

Glycemic Index:8.1, Glycemic Load:3.63, Inflammation Score:-6, Nutrition Score:4.8030435212928%

Flavonoids

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: 8.82mg, Isorhamnetin: 8.82mg, Isorhamnetin: 8.82mg, Isorhamnetin: 8.82mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 35.73mg, Quercetin: 35.73mg, Quercetin: 35.73mg, Quercetin: 35.73mg

Nutrients (% of daily need)

Calories: 118.58kcal (5.93%), Fat: 5.63g (8.66%), Saturated Fat: 0.6g (3.73%), Carbohydrates: 16.44g (5.48%), Net Carbohydrates: 13.45g (4.89%), Sugar: 7.46g (8.29%), Cholesterol: 0mg (0%), Sodium: 7.04mg (0.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.87%), Vitamin C: 13.02mg (15.79%), Fiber: 2.99g (11.97%),

Manganese: 0.23mg (11.35%), Vitamin E: 1.6mg (10.7%), Vitamin B6: 0.21mg (10.56%), Folate: 33.44µg (8.36%), Potassium: 256.96mg (7.34%), Vitamin B1: 0.08mg (5.4%), Phosphorus: 51.04mg (5.1%), Magnesium: 17.6mg (4.4%), Calcium: 40.48mg (4.05%), Copper: 0.07mg (3.43%), Vitamin B2: 0.05mg (2.8%), Vitamin B5: 0.22mg (2.16%), Iron: 0.37mg (2.05%), Zinc: 0.3mg (1.99%), Selenium: 0.88µg (1.26%), Vitamin B3: 0.2mg (1.02%)