

Caramelized Onions

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



146 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 2 large onion halved cut into 1/2-in.-thick slices
- ☐ 4 servings rye flakes
- ☐ 2 tablespoons butter unsalted

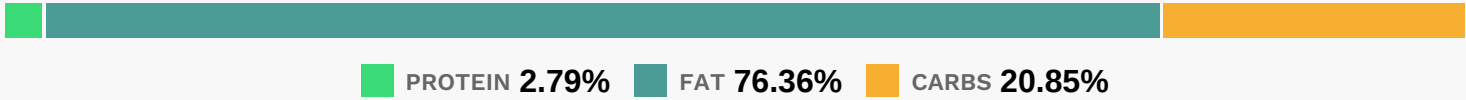
Equipment

- ☐ frying pan

Directions

- ☐ In a large frying pan over medium heat, melt butter with oil.
- ☐ Add onions.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:1.58, Inflammation Score:-4, Nutrition Score:3.1539130528336%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg

Nutrients (% of daily need)

Calories: 145.94kcal (7.3%), Fat: 12.79g (19.67%), Saturated Fat: 4.6g (28.75%), Carbohydrates: 7.86g (2.62%), Net Carbohydrates: 6.29g (2.29%), Sugar: 3.2g (3.55%), Cholesterol: 15.05mg (5.02%), Sodium: 585.34mg (25.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.1%), Manganese: 0.2mg (9.87%), Vitamin E: 1.2mg (8.01%), Vitamin C: 5.55mg (6.73%), Fiber: 1.56g (6.26%), Vitamin K: 5.47µg (5.21%), Vitamin B6: 0.09mg (4.75%), Folate: 14.65µg (3.66%), Vitamin A: 177.91IU (3.56%), Potassium: 121.99mg (3.49%), Phosphorus: 30.15mg (3.01%), Magnesium: 10.56mg (2.64%), Vitamin B1: 0.04mg (2.54%), Calcium: 21.03mg (2.1%), Copper: 0.04mg (2.06%), Iron: 0.29mg (1.62%), Vitamin B2: 0.03mg (1.53%), Selenium: 0.97µg (1.38%), Zinc: 0.19mg (1.3%), Vitamin B5: 0.12mg (1.18%)