

Caramelized Onions on the Grill

 **Gluten Free**

READY IN



55 min.

SERVINGS



2

CALORIES



155 kcal

SIDE DISH

Ingredients

- 1 teaspoon beef bouillon granules
- 2 tablespoons butter softened
- 1 large onion sweet peeled cut into large wedges

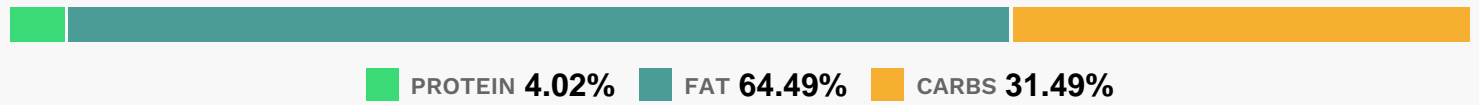
Equipment

- grill
- aluminum foil

Directions

- Preheat an outdoor grill for medium heat.
- Place the onion wedges on a sheet of heavy duty aluminum foil. Dot with butter, then sprinkle with bouillon, garlic salt, and pepper to taste. Fold the aluminum foil into a packet, leaving only a small hole at the top to allow steam to escape.
- Place packet on preheated grill, and cook until the onions have softened, and cooked to a deep, rich brown, 45 minutes to 1 hour depending on the temperature of the grill. Stir the onions after the first 30 minutes, or as needed to keep from burning.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:4.0513043688691%

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, Myricetin: 1.89mg Quercetin: 24.03mg, Quercetin: 24.03mg, Quercetin: 24.03mg, Quercetin: 24.03mg

Nutrients (% of daily need)

Calories: 155.04kcal (7.75%), Fat: 11.53g (17.73%), Saturated Fat: 7.22g (45.1%), Carbohydrates: 12.66g (4.22%), Net Carbohydrates: 11.18g (4.06%), Sugar: 8.46g (9.4%), Cholesterol: 30.14mg (10.05%), Sodium: 343.26mg (14.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.23%), Vitamin B6: 0.22mg (10.88%), Folate: 38.81µg (9.7%), Vitamin C: 7.94mg (9.63%), Vitamin A: 351.52IU (7.03%), Manganese: 0.13mg (6.48%), Fiber: 1.49g (5.96%), Potassium: 204.34mg (5.84%), Phosphorus: 50.29mg (5.03%), Vitamin B1: 0.07mg (4.7%), Copper: 0.09mg (4.63%), Magnesium: 15.68mg (3.92%), Calcium: 37.06mg (3.71%), Iron: 0.46mg (2.53%), Vitamin E: 0.36mg (2.39%), Vitamin B2: 0.04mg (2.37%), Vitamin B5: 0.18mg (1.81%), Selenium: 1.24µg (1.78%), Zinc: 0.23mg (1.53%), Vitamin K: 1.48µg (1.41%), Vitamin B3: 0.26mg (1.29%)