



Caramelized Onions With Chestnuts And Prunes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



212 kcal

SIDE DISH

Ingredients

- ☐ 40 honey unsweetened cooked peeled from a vacuum-packed 16-ounce jar
- ☐ 0.5 cup chicken stock see low-sodium canned
- ☐ 0.3 cup cognac
- ☐ 2 tablespoons flat-leaf parsley finely chopped
- ☐ 3 pounds cipolline onions ends trimmed
- ☐ 6 ounces prune- cut to pieces pitted
- ☐ 10 servings salt and pepper freshly ground

- ☐ 1 tablespoon sugar
- ☐ 3 tablespoons butter unsalted
- ☐ 0.5 cup water
- ☐ 1 tablespoon citrus champagne vinegar

Equipment

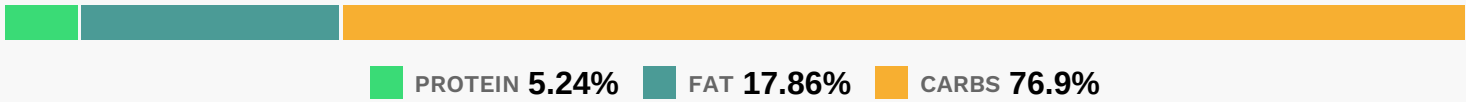
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ colander

Directions

- ☐ Bring a large saucepan of water to a boil.
- ☐ Add the onions and blanch for 30 seconds.
- ☐ Drain in a colander under cold running water. Slip off the papery skins and pat the onions dry.
- ☐ In a large, deep skillet, combine the chicken stock with the water, butter, vinegar and sugar. Cover and bring to a boil.
- ☐ Add the onions, cover and cook over moderately low heat until crisp-tender, about 15 minutes. Uncover and cook over moderate heat, stirring occasionally, until the onions are covered with a deep-golden caramel, about 30 minutes longer; add a few tablespoons of water as the liquid evaporates.
- ☐ Add the Cognac, prunes and chestnuts to the onions and cook just until heated through. Season with salt and pepper and transfer to a serving bowl.
- ☐ Add 2 tablespoons of water to the skillet and scrape up any caramel stuck to the bottom and sides.
- ☐ Pour the sauce over the onions, garnish with the parsley and serve.
- ☐ Make Ahead: The caramelized onions, prunes and chestnuts can be refrigerated overnight in a baking dish. Rewarm in a 325 oven, adding a few tablespoons of water if necessary.

Garnish with parsley just before serving.

Nutrition Facts



Properties

Glycemic Index:22.71, Glycemic Load:14.47, Inflammation Score:-7, Nutrition Score:8.6156522178132%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 1.74mg, Apigenin: 1.74mg, Apigenin: 1.74mg, Apigenin: 1.74mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 6.82mg, Isorhamnetin: 6.82mg, Isorhamnetin: 6.82mg, Isorhamnetin: 6.82mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 27.93mg, Quercetin: 27.93mg, Quercetin: 27.93mg, Quercetin: 27.93mg

Nutrients (% of daily need)

Calories: 212.17kcal (10.61%), Fat: 4.11g (6.32%), Saturated Fat: 2.33g (14.57%), Carbohydrates: 39.81g (13.27%), Net Carbohydrates: 36.27g (13.19%), Sugar: 13.47g (14.97%), Cholesterol: 9.03mg (3.01%), Sodium: 205.48mg (8.93%), Alcohol: 2g (100%), Alcohol %: 1.13% (100%), Protein: 2.71g (5.42%), Vitamin C: 24.75mg (30%), Vitamin K: 24.08µg (22.93%), Manganese: 0.34mg (17.15%), Vitamin B6: 0.32mg (15.93%), Potassium: 502.17mg (14.35%), Fiber: 3.55g (14.19%), Copper: 0.25mg (12.64%), Folate: 47.37µg (11.84%), Vitamin B1: 0.12mg (8.06%), Magnesium: 31.45mg (7.86%), Phosphorus: 69.34mg (6.93%), Vitamin A: 316.65IU (6.33%), Vitamin B3: 1.02mg (5.11%), Calcium: 48.16mg (4.82%), Iron: 0.85mg (4.7%), Vitamin B2: 0.08mg (4.7%), Vitamin B5: 0.41mg (4.07%), Zinc: 0.5mg (3.33%), Vitamin E: 0.2mg (1.36%), Selenium: 0.78µg (1.12%)