



Caramelized Pearl Onions with Balsamic Glaze



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



139 kcal

SIDE DISH

Ingredients

- ☐ 1 cup balsamic vinegar
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 32 ounce pearl onions white frozen
- ☐ 8 servings salt and pepper black freshly ground to taste
- ☐ 2 teaspoons sugar

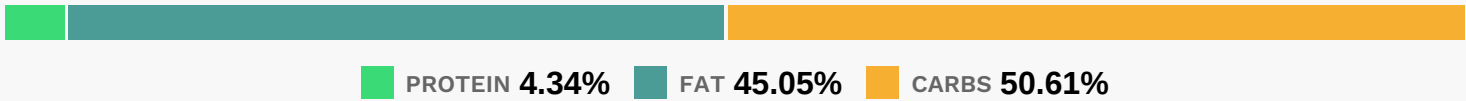
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Adjust oven rack to low position and heat oven to 425 degrees.
- ☐ Toss onions with oil, sugar, salt and pepper in medium bowl.
- ☐ Transfer to a cookie sheet with rim in a single layer. Roast onions until golden brown, about 30 minutes, stirring at 20 minutes and again at 25 minutes, adding garlic at this point.
- ☐ Meanwhile, bring vinegar to boil; simmer over medium-high heat, about 10 minutes, until reduced to 1/3 cup – it should be a thin syrup. Put onions into a bowl, add reduced vinegar and parsley; toss to coat.
- ☐ Serve hot, warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:30.14, Glycemic Load:5.84, Inflammation Score:-5, Nutrition Score:4.6491304584171%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 23.04mg, Quercetin: 23.04mg, Quercetin: 23.04mg, Quercetin: 23.04mg

Nutrients (% of daily need)

Calories: 138.66kcal (6.93%), Fat: 6.88g (10.59%), Saturated Fat: 0.98g (6.14%), Carbohydrates: 17.39g (5.8%), Net Carbohydrates: 15.39g (5.6%), Sugar: 10.59g (11.76%), Cholesterol: 0mg (0%), Sodium: 12.72mg (0.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.98%), Vitamin K: 21.09µg (20.09%), Vitamin C: 9.96mg (12.07%), Manganese: 0.22mg (10.75%), Fiber: 2g (8.01%), Vitamin B6: 0.15mg (7.33%), Vitamin E: 1mg (6.69%), Potassium: 211.23mg (6.04%), Folate: 23.11µg (5.78%), Phosphorus: 40.83mg (4.08%), Magnesium: 16.02mg (4.01%), Calcium: 37.95mg (3.79%), Vitamin B1: 0.05mg (3.64%), Iron: 0.59mg (3.28%), Copper: 0.06mg (2.88%), Vitamin B2: 0.03mg (1.93%), Vitamin A: 87.12IU (1.74%), Zinc: 0.24mg (1.59%), Vitamin B5: 0.15mg (1.49%)