



Caramelized Shallots

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



234 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons flat-leaf parsley fresh chopped
- 0.5 teaspoon kosher salt
- 3 tablespoons red wine vinegar good
- 2 pounds shallots fresh with roots intact peeled
- 3 tablespoons sugar
- 6 tablespoons butter unsalted ()

Equipment

frying pan

oven

Directions

Watch how to make this recipe.

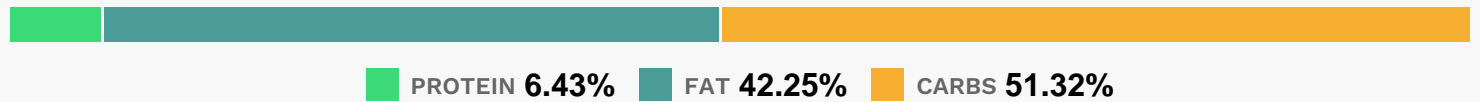
Preheat the oven to 400 degrees F.

Melt the butter in a 12-inch ovenproof saute pan, add the shallots and sugar, and toss to coat. Cook over medium heat for 10 minutes, tossing occasionally, until the shallots start to brown.

Add the vinegar, salt, and pepper and toss well.

Place the saute pan in the oven and roast for 15 to 30 minutes, depending on the size of the shallots, until they are tender. Season, to taste, sprinkle with parsley, and serve hot.

Nutrition Facts



Properties

Glycemic Index:27.35, Glycemic Load:10.38, Inflammation Score:-7, Nutrition Score:9.3191305619219%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

Nutrients (% of daily need)

Calories: 234.46kcal (11.72%), Fat: 11.54g (17.75%), Saturated Fat: 7.22g (45.13%), Carbohydrates: 31.54g (10.51%), Net Carbohydrates: 26.64g (9.69%), Sugar: 17.91g (19.9%), Cholesterol: 30.1mg (10.03%), Sodium: 214.9mg (9.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.9%), Vitamin B6: 0.52mg (26.17%), Vitamin K: 24.19µg (23.04%), Manganese: 0.46mg (22.95%), Fiber: 4.9g (19.61%), Vitamin C: 13.91mg (16.86%), Potassium: 519.94mg (14.86%), Folate: 53.87µg (13.47%), Iron: 1.95mg (10.81%), Phosphorus: 95.58mg (9.56%), Vitamin A: 468.68IU (9.37%), Magnesium: 33.15mg (8.29%), Copper: 0.14mg (6.99%), Calcium: 62.14mg (6.21%), Vitamin B1: 0.09mg (6.18%), Vitamin B5: 0.46mg (4.6%), Zinc: 0.64mg (4.24%), Selenium: 2µg (2.85%), Vitamin E: 0.4mg (2.64%), Vitamin B2: 0.04mg (2.21%), Vitamin B3: 0.33mg (1.63%), Vitamin D: 0.21µg (1.4%)