



Champagne-Glazed Cipollini Onions



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups brut champagne
- ☐ 1 pound cipollini onions peeled halved
- ☐ 1.5 teaspoons brown sugar dark
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 thyme sprig fresh
- ☐ 6 servings thyme sprigs fresh for garnish
- ☐ 1.5 teaspoons butter unsalted

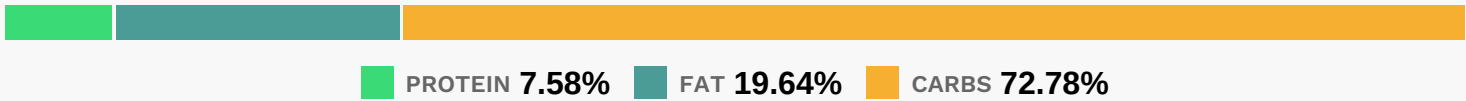
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula

Directions

- ☐ Arrange onions in even layer in 10-inch skillet. Stir in sugar and next 4 ingredients (through 2 cups Champagne); bring to boil over high heat.
- ☐ Let mixture reduce 78 minutes or until almost all liquid has evaporated.
- ☐ Reduce heat to medium-low; continue cooking, stirring frequently for 78 minutes or until onions are tender and golden.
- ☐ Add remaining 2 tablespoons Champagne to pan; scrape browned bits at bottom with spatula.
- ☐ Remove thyme sprig, and transfer onions to serving bowl.
- ☐ Garnish with additional thyme, if desired.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:1.61, Inflammation Score:-8, Nutrition Score:2.7721739100373%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg 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: 15.35mg, Quercetin: 15.35mg, Quercetin: 15.35mg, Quercetin: 15.35mg

Nutrients (% of daily need)

Calories: 82.73kcal (4.14%), Fat: 1.11g (1.71%), Saturated Fat: 0.68g (4.25%), Carbohydrates: 9.25g (3.08%), Net Carbohydrates: 7.8g (2.84%), Sugar: 5.08g (5.65%), Cholesterol: 2.69mg (0.9%), Sodium: 105.95mg (4.61%), Alcohol: 5.03g (100%), Alcohol %: 4.04% (100%), Protein: 0.96g (1.93%), Vitamin C: 7.46mg (9.05%), Manganese: 0.12mg (5.93%), Fiber: 1.45g (5.79%), Vitamin B6: 0.11mg (5.55%), Potassium: 188.36mg (5.38%), Magnesium: 17.41mg (4.35%), Folate: 15.72µg (3.93%), Iron: 0.69mg (3.81%), Phosphorus: 35.3mg (3.53%), Calcium: 30.38mg (3.04%), Vitamin B1: 0.04mg (2.36%), Copper: 0.05mg (2.27%), Vitamin B2: 0.03mg (2.01%), Vitamin A: 88.18IU

(1.76%), Zinc: 0.21mg (1.43%)