



Cipolline with Bay Leaf and Golden Raisins

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 pound onion white boiling peeled ()
- 0.3 cup wine dry white
- 0.5 bay leaves fresh
- 0.3 cup golden raisins
- 4 servings rosemary crisp
- 1 tablespoon sugar
- 1 tablespoon butter unsalted

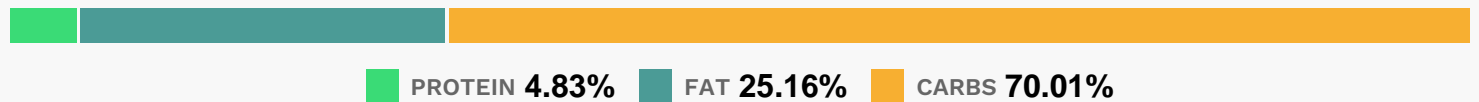
Equipment

- frying pan
- baking paper

Directions

- Soak raisins in hot water until ready to use.
- Cut out a 10-inch round of parchment paper.
- Heat sugar in center of a 10-inch heavy skillet over medium heat until it starts to melt. Cook, tilting skillet occasionally so sugar melts evenly, until golden brown. Stir in butter, then add onions and cook, stirring occasionally, until they are beginning to brown, about 3 minutes.
- Add wine, bay leaf, 1/4 teaspoon each of salt and pepper, and drained raisins.
- Reduce heat to low and cover onions with parchment, then with lid. Gently simmer, shaking skillet occasionally, until onions are tender, 18 to 20 minutes.
- Remove lid and parchment, then simmer, stirring occasionally, until liquid is reduced to a glaze, about 3 minutes. Discard bay leaf.
- Serve warm or at room temperature.
- Cipolline can be made 2 days ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:59.69, Glycemic Load:7.82, Inflammation Score:-5, Nutrition Score:3.0960869921938%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 17.49mg, Quercetin: 17.49mg, Quercetin: 17.49mg, Quercetin: 17.49mg

Nutrients (% of daily need)

Calories: 114.8kcal (5.74%), Fat: 2.99g (4.6%), Saturated Fat: 1.85g (11.59%), Carbohydrates: 18.73g (6.24%), Net Carbohydrates: 16.88g (6.14%), Sugar: 12.16g (13.51%), Cholesterol: 7.53mg (2.51%), Sodium: 5.96mg (0.26%), Alcohol: 2.06g (100%), Alcohol %: 2.16% (100%), Protein: 1.29g (2.58%), Manganese: 0.16mg (8.21%), Vitamin C: 6.65mg (8.06%), Fiber: 1.85g (7.42%), Vitamin B6: 0.14mg (7.17%), Potassium: 207.9mg (5.94%), Folate: 17.07µg (4.27%), Phosphorus: 39.61mg (3.96%), Magnesium: 13.98mg (3.5%), Copper: 0.07mg (3.41%), Calcium: 28.42mg (2.84%), Vitamin B1: 0.04mg (2.77%), Vitamin B2: 0.05mg (2.68%), Iron: 0.43mg (2.4%), Vitamin A: 93.07IU (1.86%), Zinc: 0.2mg (1.36%), Vitamin B5: 0.13mg (1.3%), Vitamin B3: 0.23mg (1.13%)