



## Cook the Book: Stewed Onions with Marjoram

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



60

CALORIES



43 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

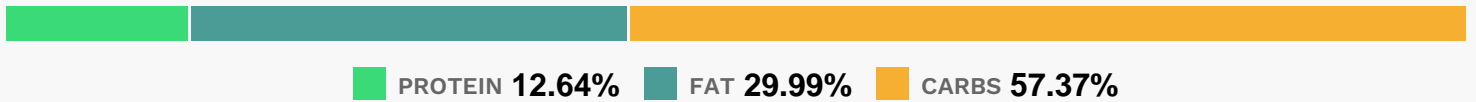
- 9 cups beef stock low-sodium homemade
- 3 tablespoons marjoram dried
- 6 tablespoons olive oil
- 24 cups onion yellow thinly sliced

### Equipment

### Directions

- Add the beef stock and marjoram and continue cooking for about 1 hour and 15 minutes. The onions should be light brown and shiny, cooked way down and stewy.
- Allow the onions to cool to room temperature and spoon into six 1-pint resealable freezer bags. If you use containers, be sure to leave about 1 inch of headspace, as the onions will expand some as they freeze.
- Place in the back of the freezer, where it is the coldest: 1° F is ideal.
- Defrost the onions in the refrigerator. Refrigerate after defrosting and use within a few days.

## Nutrition Facts



### Properties

Glycemic Index:0.45, Glycemic Load:1.32, Inflammation Score:-3, Nutrition Score:2.296521751777%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.99mg, Quercetin: 12.99mg, Quercetin: 12.99mg, Quercetin: 12.99mg

### Nutrients (% of daily need)

Calories: 42.93kcal (2.15%), Fat: 1.5g (2.31%), Saturated Fat: 0.23g (1.46%), Carbohydrates: 6.47g (2.16%), Net Carbohydrates: 5.34g (1.94%), Sugar: 2.91g (3.24%), Cholesterol: 0mg (0%), Sodium: 73.94mg (3.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.85%), Vitamin C: 4.79mg (5.8%), Vitamin B6: 0.1mg (4.89%), Potassium: 161.58mg (4.62%), Fiber: 1.13g (4.51%), Manganese: 0.09mg (4.4%), Folate: 13.15µg (3.29%), Phosphorus: 30.03mg (3%), Vitamin B2: 0.05mg (2.96%), Vitamin B1: 0.04mg (2.77%), Magnesium: 9.27mg (2.32%), Copper: 0.04mg (2.2%), Calcium: 19.6mg (1.96%), Vitamin B3: 0.39mg (1.96%), Iron: 0.32mg (1.79%), Vitamin K: 1.76µg (1.67%), Vitamin E: 0.22mg (1.46%), Zinc: 0.17mg (1.16%), Selenium: 0.76µg (1.08%)