



Crispy Roasted Shallots



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



70 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 0.3 cup olive oil
- ☐ 10 servings pepper freshly ground to taste
- ☐ 10 servings sea salt to taste
- ☐ 12 shallots peeled quartered

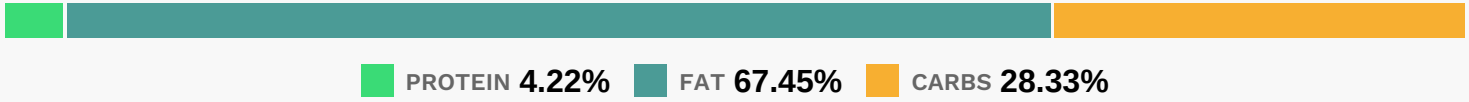
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Place shallots in 8-inch square baking dish.
- ☐ Drizzle with oil, and sprinkle with remaining ingredients. Roast shallots at 400 for 20 minutes or until crispy and lightly browned, turning occasionally.

Nutrition Facts



Properties

Glycemic Index:6.2, Glycemic Load:1.24, Inflammation Score:-2, Nutrition Score:1.9308695546959%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 69.85kcal (3.49%), Fat: 5.45g (8.38%), Saturated Fat: 0.76g (4.73%), Carbohydrates: 5.15g (1.72%), Net Carbohydrates: 4.13g (1.5%), Sugar: 2.36g (2.62%), Cholesterol: 0mg (0%), Sodium: 197.57mg (8.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.53%), Vitamin E: 0.79mg (5.27%), Vitamin B6: 0.1mg (5.22%), Manganese: 0.1mg (5.14%), Fiber: 1.01g (4.05%), Vitamin K: 3.65µg (3.48%), Vitamin C: 2.44mg (2.96%), Potassium: 102.96mg (2.94%), Folate: 10.44µg (2.61%), Iron: 0.41mg (2.3%), Phosphorus: 18.29mg (1.83%), Magnesium: 6.66mg (1.66%), Copper: 0.03mg (1.42%), Calcium: 12.35mg (1.24%), Vitamin B1: 0.02mg (1.21%)