



Dry-Roasted Brown Butter Onions



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



290 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons apple cider vinegar
- ☐ 4 servings kosher salt
- ☐ 4 onion unpeeled
- ☐ 4 small shallots unpeeled
- ☐ 0.5 cup butter unsalted (1 stick)
- ☐ 2 medium onion white unpeeled

Equipment

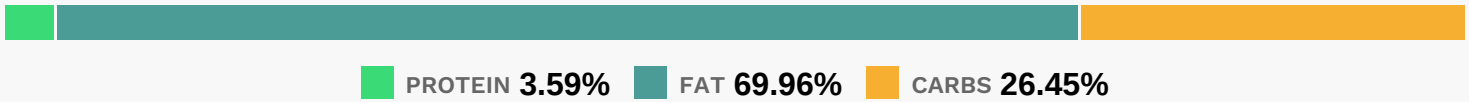
- ☐ frying pan

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400°F.
- ☐ Cut white onions, larger cipolline onions, and shallots almost in half, leaving root ends intact. Pry each open slightly to expose cut sides.
- ☐ Place white onions root side down in a foil-lined roasting pan and roast until just beginning to soften and brown, 75–90 minutes.
- ☐ Add cipolline onions and shallots to roasting pan root end down and roast until all onions and shallots are soft and deeply colored, about 1 hour longer.
- ☐ Just before onions finish cooking, melt butter in a small saucepan and cook, swirling occasionally, until butter is brown and smells nutty, 5–8 minutes.
- ☐ Let cool slightly; whisk in vinegar and season brown butter with salt.
- ☐ Divide onions and shallots among plates, leaving skins on; spoon brown butter over.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:4.47, Inflammation Score:-8, Nutrition Score:6.6182608630346%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 8.27mg, Isorhamnetin: 8.27mg, Isorhamnetin: 8.27mg, Isorhamnetin: 8.27mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 33.49mg, Quercetin: 33.49mg, Quercetin: 33.49mg, Quercetin: 33.49mg

Nutrients (% of daily need)

Calories: 289.81kcal (14.49%), Fat: 23.2g (35.7%), Saturated Fat: 14.65g (91.56%), Carbohydrates: 19.73g (6.58%), Net Carbohydrates: 16.13g (5.86%), Sugar: 9.03g (10.03%), Cholesterol: 61.01mg (20.34%), Sodium: 207.07mg (9%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.36%), Vitamin C: 14.21mg (17.22%), Manganese: 0.32mg (15.77%), Fiber: 3.61g (14.42%), Vitamin A: 713.39IU (14.27%), Vitamin B6: 0.29mg (14.26%), Folate: 40.7µg (10.18%), Potassium: 339.46mg (9.7%), Phosphorus: 70.56mg (7.06%), Vitamin B1: 0.09mg (6.15%), Magnesium: 22.89mg (5.72%), Calcium: 54.92mg (5.49%), Vitamin E: 0.7mg (4.68%), Copper: 0.09mg (4.6%), Iron: 0.68mg (3.76%), Vitamin B2: 0.06mg (3.48%), Vitamin B5: 0.31mg (3.07%), Vitamin D: 0.43µg (2.84%), Zinc: 0.41mg (2.74%), Vitamin K: 2.85µg (2.71%), Selenium: 1.42µg (2.03%), Vitamin B3: 0.25mg (1.27%)