

Easy Creamed Pearl Onions



Vegetarian

READY IN

ready

30 min.

SERVINGS

servings

8

CALORIES

calories

203 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 pinch ground nutmeg
- ☐ 8 servings ground pepper black to taste
- ☐ 1.5 cups cup heavy whipping cream light
- ☐ 1 pound pearl onions
- ☐ 0.5 teaspoon salt

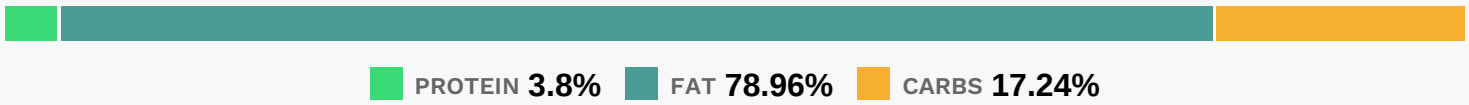
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Place onions into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 10 minutes.
- ☐ Drain.
- ☐ Melt butter in a large skillet over medium heat; cook and stir flour and nutmeg in melted butter for about 5 minutes; season with salt and pepper.
- ☐ Add cream to flour mixture; cook and stir until bubbly and thick, about 5 minutes more. Stir onion and parsley into cream sauce until heated through, 2 to 3 minutes.

Nutrition Facts



Properties

Glycemic Index:35.75, Glycemic Load:2.77, Inflammation Score:-6, Nutrition Score:4.3634782718576%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 11.51mg, Quercetin: 11.51mg, Quercetin: 11.51mg, Quercetin: 11.51mg

Nutrients (% of daily need)

Calories: 202.68kcal (10.13%), Fat: 18.25g (28.08%), Saturated Fat: 11.43g (71.42%), Carbohydrates: 8.96g (2.99%), Net Carbohydrates: 7.84g (2.85%), Sugar: 2.51g (2.79%), Cholesterol: 61.03mg (20.34%), Sodium: 197.26mg (8.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.96%), Vitamin K: 18.38µg (17.5%), Vitamin A: 671.2IU (13.42%), Vitamin C: 5.8mg (7.03%), Manganese: 0.11mg (5.56%), Vitamin B2: 0.09mg (5.19%), Phosphorus: 49.08mg (4.91%), Folate: 19.5µg (4.88%), Calcium: 47.79mg (4.78%), Fiber: 1.12g (4.5%), Vitamin B6: 0.08mg (4.17%), Vitamin B1: 0.06mg (4.04%), Potassium: 137.85mg (3.94%), Vitamin E: 0.54mg (3.58%), Magnesium: 10.43mg (2.61%), Selenium: 1.52µg (2.17%), Vitamin B5: 0.21mg (2.09%), Iron: 0.34mg (1.89%), Vitamin D: 0.27µg (1.79%),

Copper: 0.03mg (1.68%), Zinc: 0.25mg (1.65%), Vitamin B12: 0.1µg (1.64%), Vitamin B3: 0.27mg (1.34%)