



Fiesta Onions

 Vegetarian  Gluten Free  Dairy Free

READY IN



310 min.

SERVINGS



10

CALORIES



203 kcal

SIDE DISH

Ingredients

- 1 tablespoon celery seed
- 10 servings salt and ground pepper black to taste
- 0.8 cup mayonnaise
- 6 onions spanish thinly sliced
- 0.5 cup water
- 0.8 cup sugar white
- 0.5 cup vinegar white

Equipment

bowl

whisk

Directions

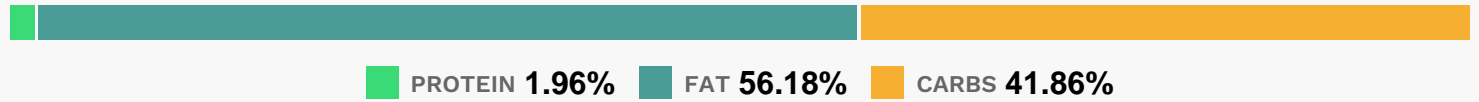
Combine vinegar and water in a large bowl.

Whisk sugar into the vinegar mixture until dissolved.

Add onion slices and marinate at least 3 hours; drain.

Whisk mayonnaise, celery seed, salt, and pepper together in a separate bowl; add to drained onion slices and fold to coat. Marinate at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:22.91, Glycemic Load:11.9, Inflammation Score:-3, Nutrition Score:3.526086932939%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 4.59mg, Luteolin: 4.59mg, Luteolin: 4.59mg, Luteolin: 4.59mg Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.4mg, Quercetin: 13.4mg, Quercetin: 13.4mg, Quercetin: 13.4mg

Nutrients (% of daily need)

Calories: 203.29kcal (10.16%), Fat: 12.84g (19.75%), Saturated Fat: 2.01g (12.55%), Carbohydrates: 21.52g (7.17%), Net Carbohydrates: 20.3g (7.38%), Sugar: 17.87g (19.86%), Cholesterol: 7.06mg (2.35%), Sodium: 111.3mg (4.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.01%), Vitamin K: 27.81µg (26.49%), Manganese: 0.15mg (7.6%), Vitamin C: 4.99mg (6.04%), Fiber: 1.22g (4.87%), Vitamin B6: 0.09mg (4.31%), Vitamin E: 0.57mg (3.81%), Folate: 13.46µg (3.36%), Potassium: 110mg (3.14%), Calcium: 28.84mg (2.88%), Phosphorus: 26.62mg (2.66%), Iron: 0.46mg (2.58%), Magnesium: 9.82mg (2.46%), Vitamin B1: 0.03mg (2.28%), Copper: 0.04mg (2.11%), Vitamin B2: 0.03mg (1.52%), Selenium: 0.95µg (1.35%), Zinc: 0.18mg (1.23%), Vitamin B5: 0.11mg (1.11%)