Fregola with Charred Onions and Roasted Cherry Tomatoes

Vegetarian Vegan Dairy Free

READY IN	SERVINGS	CALORIES
90 min.	20	199 kcal

SIDE DISH ANTIPASTI STARTER SNACK

Ingredients

- [ ] 0.3 cup balsamic vinegar
- [ ] 1 cup basil leaves
- [ ] 1 pint cherry tomatoes
- [ ] 3 cups fregola
- [ ] 0.3 cup olive oil extra-virgin plus more for brushing
- [ ] 2 tablespoons olive oil extra-virgin
- [ ] 3 tablespoons olive oil extra-virgin

- [ ] 20 servings pepper freshly ground
- [ ] 2 medium onions red sliced (medium)
- [ ] 2 sprigs rosemary
- [ ] 20 servings salt
- [ ] 2 sprigs thyme leaves

Equipment

- [ ] bowl
- [ ] baking sheet
- [ ] oven
- [ ] pot
- [ ] baking pan
- [ ] grill
- [ ] grill pan

Directions

- [ ] Preheat the oven to 30
- [ ] On a rimmed baking sheet, toss the tomatoes with the olive oil.
- [ ] Add the rosemary and thyme sprigs and season with salt and pepper.
- [ ] Bake for about 40 minutes, until the tomatoes are ready to burst. Strip the crispy leaves from the herb stems; discard the stems. Increase the oven temperature to 35
- [ ] Light a grill or preheat a grill pan.
- [ ] Brush the onions with olive oil and season with salt and pepper. Grill over moderately high heat until nicely charred but still crisp in the center, about 3 minutes per side.
- [ ] Transfer the onions to a baking dish.
- [ ] Add the vinegar and the 1/4 cup of olive oil and bake for 20 minutes, until tender.
- [ ] Let the onions cool in the liquid, then coarsely chop them. Reserve the liquid.
- [ ] Bring a large pot of salted water to a boil.
- [ ] Add the fregola and cook, stirring occasionally, until the fregola is al dente, about 15 minutes.

- [ ] Drain and transfer to a large bowl.
- [ ] While the fregola is still warm, add the onions and their cooking liquid, along with the tomatoes and crispy herbs. Stir in the vinegar and olive oil and season with salt and pepper.
- [ ] Garnish with the basil and serve.

Nutrition Facts

PROTEIN **10.2%** FAT **30.88%** CARBS **58.92%**

Properties

Glycemic Index:16.8, Glycemic Load:11.18, Inflammation Score:-4, Nutrition Score:6.0447825037915%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 198.59kcal (9.93%), Fat: 6.79g (10.44%), Saturated Fat: 0.97g (6.03%), Carbohydrates: 29.14g (9.71%), Net Carbohydrates: 27.59g (10.03%), Sugar: 2.48g (2.76%), Cholesterol: 0mg (0%), Sodium: 199.9mg (8.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.04g (10.09%), Selenium: 22.61µg (32.3%), Manganese: 0.4mg (19.88%), Vitamin K: 9.62µg (9.16%), Vitamin C: 6.59mg (7.99%), Phosphorus: 78.44mg (7.84%), Vitamin E: 1.08mg (7.18%), Copper: 0.13mg (6.61%), Fiber: 1.55g (6.2%), Magnesium: 23.55mg (5.89%), Potassium: 156.02mg (4.46%), Iron: 0.77mg (4.29%), Vitamin B6: 0.09mg (4.25%), Zinc: 0.57mg (3.79%), Vitamin B3: 0.76mg (3.78%), Vitamin A: 184.82IU (3.7%), Folate: 12.46µg (3.12%), Vitamin B1: 0.05mg (3.08%), Vitamin B5: 0.2mg (2.01%), Vitamin B2: 0.03mg (1.83%), Calcium: 16.73mg (1.67%)