



WHATSheATE



Ginger-Glazed Pearl Onions and Parsnips



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



193 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon apple cider vinegar
- ☐ 1 teaspoons brandy
- ☐ 1 cup cooking wine dry white
- ☐ 6 servings parsley fresh chopped for topping
- ☐ 3 cloves garlic smashed
- ☐ 4 slices ginger thin
- ☐ 6 servings kosher salt
- ☐ 1.5 pounds parsnips cored peeled quartered cut into 1/2-inch pieces

- ☐ 6 servings pepper freshly ground
- ☐ 10 ounces pearl onions red unpeeled
- ☐ 1 large sprig rosemary
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons butter unsalted cold

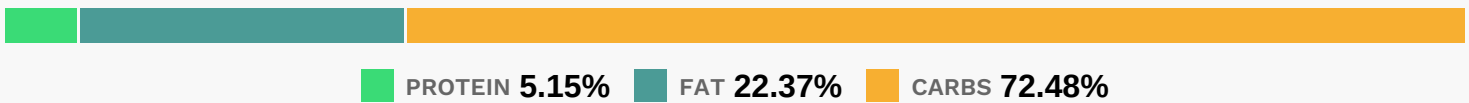
Equipment

- ☐ frying pan

Directions

- ☐ Fill a large skillet halfway with water; add a pinch of salt, cover and bring to a boil.
- ☐ Add the pearl onions and cook 1 minute to loosen the skins, then drain and rinse under cold water. Using kitchen shears, trim the root ends of the onions, then peel off the skins. Return the onions to the skillet.
- ☐ Add the parsnips, ginger, rosemary, garlic, wine, sugar, 1/2 teaspoon salt and 1 cup water to the skillet with the onions. Bring to a boil over high heat and cook, stirring occasionally, until the liquid evaporates and the vegetables are tender, 15 to 20 minutes. (If the liquid evaporates too quickly, add more water, 1/4 cup at a time.) Discard the ginger, garlic and rosemary. (The vegetables can be made up to 3 hours ahead to this point; cover and refrigerate.)
- ☐ Reduce the heat to medium high; add the vinegar, brandy and butter and cook, stirring, until the vegetables just start to brown, 1 to 2 minutes.
- ☐ Add 2 tablespoons water and cook, swirling the pan, until the vegetables are glazed, about 1 more minute. Season with salt and pepper and top with parsley.
- ☐ Per serving: Calories: 185; Total Fat: 5 grams; Saturated Fat: 3 grams; Protein: 2 grams; Total carbohydrates: 30 grams; Sugar: 12 grams; Fiber: 7 grams; Cholesterol: 13 milligrams; Sodium: 122 milligrams
- ☐ Photograph by Gentl & Hyers

Nutrition Facts



Properties

Glycemic Index:66.35, Glycemic Load:11.87, Inflammation Score:-7, Nutrition Score:14.753043188997%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 10.77mg, Quercetin: 10.77mg, Quercetin: 10.77mg, Quercetin: 10.77mg

Nutrients (% of daily need)

Calories: 192.76kcal (9.64%), Fat: 4.24g (6.52%), Saturated Fat: 2.49g (15.54%), Carbohydrates: 30.91g (10.3%), Net Carbohydrates: 24.33g (8.85%), Sugar: 11.9g (13.22%), Cholesterol: 10.03mg (3.34%), Sodium: 212.32mg (9.23%), Alcohol: 4.4g (100%), Alcohol %: 2.55% (100%), Protein: 2.2g (4.4%), Vitamin K: 91.98µg (87.6%), Manganese: 0.79mg (39.67%), Vitamin C: 28.64mg (34.71%), Fiber: 6.58g (26.33%), Folate: 91.83µg (22.96%), Potassium: 559.69mg (15.99%), Vitamin E: 1.84mg (12.29%), Magnesium: 44.91mg (11.23%), Phosphorus: 107.87mg (10.79%), Vitamin B6: 0.2mg (10.19%), Vitamin A: 455.73IU (9.11%), Vitamin B1: 0.13mg (8.87%), Copper: 0.17mg (8.62%), Vitamin B5: 0.79mg (7.91%), Calcium: 65.73mg (6.57%), Iron: 1.18mg (6.55%), Zinc: 0.87mg (5.8%), Vitamin B2: 0.08mg (4.95%), Vitamin B3: 0.97mg (4.84%), Selenium: 2.62µg (3.74%)