



Glazed Onions

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



80 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter melted
- 1 tablespoon parsley fresh chopped
- 2 tablespoons juice of lemon
- 2 tablespoons brown sugar light
- 16 ounce onions boiling peeled
- 0.5 teaspoon salt

Equipment

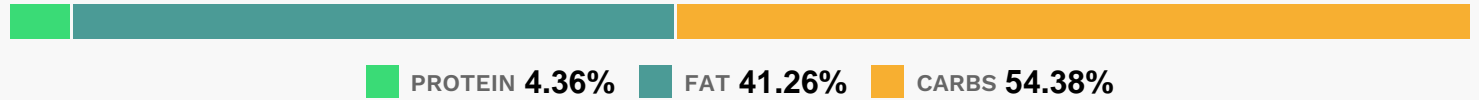
- frying pan

oven

Directions

- Place boiling onions into an 8-inch square pan.
- Stir together butter and next 4 ingredients; pour over onions.
- Bake at 425 for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:1.57, Inflammation Score:-5, Nutrition Score:2.8899999967088%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 15.37mg, Quercetin: 15.37mg, Quercetin: 15.37mg, Quercetin: 15.37mg

Nutrients (% of daily need)

Calories: 80.33kcal (4.02%), Fat: 3.85g (5.92%), Saturated Fat: 0.81g (5.09%), Carbohydrates: 11.41g (3.8%), Net Carbohydrates: 10.09g (3.67%), Sugar: 7.22g (8.02%), Cholesterol: 0mg (0%), Sodium: 242.36mg (10.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.83%), Vitamin K: 11.24µg (10.7%), Vitamin C: 8.43mg (10.21%), Fiber: 1.32g (5.29%), Manganese: 0.1mg (5.11%), Vitamin B6: 0.1mg (4.78%), Vitamin A: 224.9IU (4.5%), Folate: 16.46µg (4.12%), Potassium: 126.54mg (3.62%), Vitamin B1: 0.04mg (2.47%), Phosphorus: 23.94mg (2.39%), Calcium: 23.45mg (2.34%), Magnesium: 8.7mg (2.17%), Copper: 0.03mg (1.67%), Vitamin B2: 0.02mg (1.38%), Iron: 0.23mg (1.3%), Vitamin E: 0.17mg (1.15%), Vitamin B5: 0.11mg (1.11%)