

Glazed Pearl Onions

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



72 kcal

SIDE DISH

Ingredients

- 2 teaspoons olive oil
- 1 pound pearl onions frozen dry thawed
- 2 teaspoons sugar
- 1 serving coarse mustard
- 1.5 teaspoons thyme sprigs dried fresh (or)

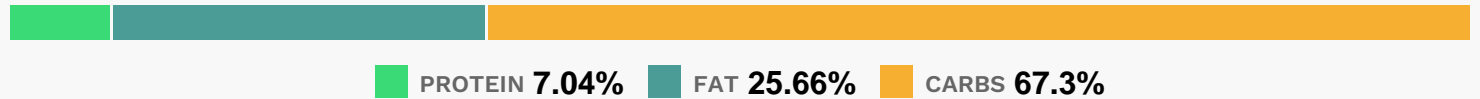
Equipment

- frying pan

Directions

- Heat oil in a 10-inch skillet over medium heat.
- Add onions. Cook, tossing occasionally, until beginning to brown, about 5 minutes.
- Sprinkle with sugar; season with salt and pepper.
- Add 2/3 cup water and thyme; cook, stirring occasionally, until onions are tender and liquid has evaporated, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:43.52, Glycemic Load:3.77, Inflammation Score:-8, Nutrition Score:3.2765217604844%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 23.02mg, Quercetin: 23.02mg, Quercetin: 23.02mg, Quercetin: 23.02mg

Nutrients (% of daily need)

Calories: 72.26kcal (3.61%), Fat: 2.17g (3.35%), Saturated Fat: 0.33g (2.06%), Carbohydrates: 12.83g (4.28%), Net Carbohydrates: 10.75g (3.91%), Sugar: 6.82g (7.58%), Cholesterol: 0mg (0%), Sodium: 18.41mg (0.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.68%), Vitamin C: 9.6mg (11.63%), Fiber: 2.09g (8.35%), Manganese: 0.16mg (8.22%), Vitamin B6: 0.14mg (6.98%), Folate: 21.97µg (5.49%), Potassium: 172.06mg (4.92%), Vitamin B1: 0.05mg (3.66%), Phosphorus: 35.03mg (3.5%), Magnesium: 13.14mg (3.28%), Calcium: 29.95mg (2.99%), Copper: 0.05mg (2.47%), Iron: 0.4mg (2.23%), Vitamin E: 0.32mg (2.1%), Vitamin B2: 0.04mg (2.08%), Vitamin K: 1.68µg (1.6%), Vitamin B5: 0.15mg (1.46%), Selenium: 1µg (1.43%), Zinc: 0.21mg (1.43%)