



Glazed Pearl Onions and Grapes



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



74 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound grapes red seedless
- ☐ 20 ounces pearl onions red
- ☐ 0.3 cup sherry vinegar
- ☐ 2 tablespoons sugar
- ☐ 1 bay leaves
- ☐ 1 tablespoon butter unsalted
- ☐ 0.3 cup water

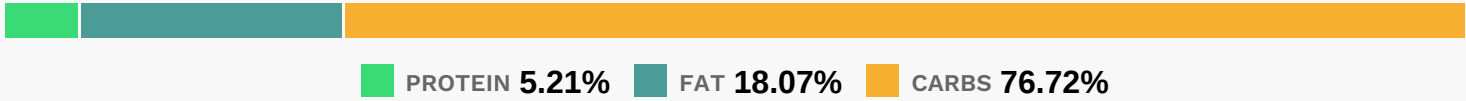
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 425°F with rack in middle or lower third.
- ☐ Blanch unpeeled pearl onions in boiling water 2 minutes.
- ☐ Drain and transfer to an ice bath to stop cooking. Peel onions and trim off root ends.
- ☐ Bring onions, vinegar, and water to a simmer in an ovenproof 12-inch heavy skillet with sugar, butter, bay leaf, 1/2 teaspoon salt, and 1/4 teaspoon pepper, stirring until sugar has dissolved. Cover and simmer 3 minutes.
- ☐ Uncover skillet and transfer to oven. Roast, stirring once or twice, until most of liquid has evaporated, 15 to 18 minutes. Stir in grapes and roast, stirring once or twice, until liquid glazes onions and grapes, 5 to 8 minutes. Discard bay leaf.
- ☐ Marimar Estate Don Miguel Vineyard '06
- ☐ Onions can be blanched and peeled 2 days ahead, then chilled.

Nutrition Facts



Properties

Glycemic Index:17.89, Glycemic Load:5.8, Inflammation Score:-4, Nutrition Score:2.6421738981229%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.55mg, Isorhamnetin: 3.55mg, Isorhamnetin: 3.55mg, Isorhamnetin: 3.55mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 14.39mg, Quercetin: 14.39mg, Quercetin: 14.39mg, Quercetin: 14.39mg

Nutrients (% of daily need)

Calories: 73.94kcal (3.7%), Fat: 1.55g (2.38%), Saturated Fat: 0.94g (5.9%), Carbohydrates: 14.78g (4.93%), Net Carbohydrates: 13.31g (4.84%), Sugar: 10.39g (11.55%), Cholesterol: 3.76mg (1.25%), Sodium: 4.79mg (0.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1g (2.01%), Vitamin C: 6.21mg (7.52%), Manganese: 0.12mg (5.87%), Fiber: 1.46g (5.85%), Vitamin B6: 0.11mg (5.48%), Potassium: 162.05mg (4.63%), Vitamin K: 4.55µg (4.33%),

Folate: 14.11µg (3.53%), Vitamin B1: 0.05mg (3.48%), Copper: 0.07mg (3.32%), Phosphorus: 27.45mg (2.75%),
Magnesium: 9.59mg (2.4%), Vitamin B2: 0.04mg (2.36%), Calcium: 20.51mg (2.05%), Iron: 0.3mg (1.68%), Vitamin
A: 64.63IU (1.29%), Vitamin B5: 0.1mg (1.03%)