



Glazed Pearl Onions in Port with Bay Leaves



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 teaspoon balsamic vinegar



2 tablespoons brown sugar dark



4 bay leaves fresh (preferably)



1.5 cups low-salt chicken broth



30 ounce pearl onions ends trimmed unpeeled



3 cups ruby port

Equipment



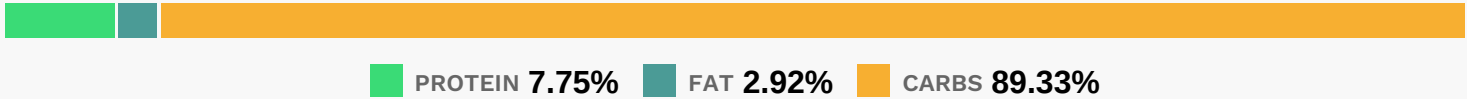
bowl

- ☐ knife
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Using sharp knife, cut X across root ends of pearl onions; place in large bowl.
- ☐ Pour hot tap water over onions; let soak 1 hour.
- ☐ Remove onions from water and peel.
- ☐ Transfer to large pot.
- ☐ Add Port, broth, bay leaves, and brown sugar; bring to boil, stirring until sugar dissolves. Reduce heat to medium. Simmer until onions are tender when pierced with sharp knife, about 30 minutes. Using slotted spoon, transfer onions to bowl. Boil liquid in pot until syrupy and reduced to 3 tablespoons, about 15 minutes. Discard bay leaves. Stir vinegar into Port reduction. Season to taste with salt.
- ☐ Pour Port reduction over onions.
- ☐ Serve warm or at room temperature. DO AHEAD: Can be made 2 days ahead. Cover and chill. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index: 7.7, Glycemic Load: 1.8, Inflammation Score: -6, Nutrition Score: 3.1421739096227%

Flavonoids

Petunidin: 4.77mg, Petunidin: 4.77mg, Petunidin: 4.77mg, Petunidin: 4.77mg Delphinidin: 2.81mg, Delphinidin: 2.81mg, Delphinidin: 2.81mg, Delphinidin: 2.81mg Malvidin: 68.28mg, Malvidin: 68.28mg, Malvidin: 68.28mg, Malvidin: 68.28mg Peonidin: 2.83mg, Peonidin: 2.83mg, Peonidin: 2.83mg, Peonidin: 2.83mg Catechin: 7.1mg, Catechin: 7.1mg, Catechin: 7.1mg, Catechin: 7.1mg Epicatechin: 5.44mg, Epicatechin: 5.44mg, Epicatechin: 5.44mg, Epicatechin: 5.44mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 18.66mg, Quercetin: 18.66mg, Quercetin: 18.66mg, Quercetin: 18.66mg

Nutrients (% of daily need)

Calories: 164.57kcal (8.23%), Fat: 0.3g (0.46%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 20.7g (6.9%), Net Carbohydrates: 19.25g (7%), Sugar: 11.66g (12.95%), Cholesterol: 0mg (0%), Sodium: 21.3mg (0.93%), Alcohol: 11.02g (100%), Alcohol %: 7.15% (100%), Protein: 1.8g (3.59%), Manganese: 0.2mg (10.04%), Vitamin C: 6.31mg (7.65%), Potassium: 224.82mg (6.42%), Fiber: 1.46g (5.83%), Vitamin B6: 0.11mg (5.36%), Copper: 0.09mg (4.25%), Phosphorus: 42mg (4.2%), Folate: 16.26µg (4.06%), Magnesium: 15.66mg (3.92%), Vitamin B3: 0.74mg (3.7%), Vitamin B1: 0.05mg (3.47%), Calcium: 29.2mg (2.92%), Vitamin B2: 0.05mg (2.75%), Iron: 0.46mg (2.58%), Zinc: 0.23mg (1.55%), Vitamin B5: 0.13mg (1.31%), Selenium: 0.82µg (1.16%)