


Glazed Pearl Onions with Raisins and Almonds

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



207 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter
- 1 cup sherry dry
- 1 teaspoon thyme sprigs fresh chopped
- 8 servings pepper black to taste
- 0.3 cup honey
- 2 pounds pearl onions
- 0.5 cup raisins

- 4 teaspoons red wine vinegar
- 8 servings salt to taste
- 0.7 cup slivered almonds toasted
- 0.3 cup water

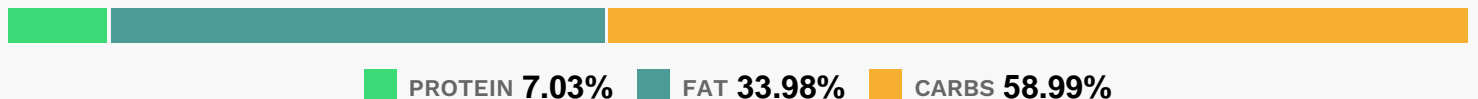
Equipment

- frying pan
- pot

Directions

- Bring a pot of salted water to a boil.
- Add onions, and cook 3 minutes to loosen skins.
- Drain, and cool slightly.
- Cut root ends from onions. Squeeze onions at stem end (onions will slip out of skins).
- Combine pearl onions, sherry, raisins, honey, water, butter or margarine, and thyme in a heavy large skillet. Bring to a boil over medium-high heat. Reduce heat to very low, and cover. Simmer until liquid evaporates and onions begin to caramelize, stirring often, about 45 minutes. Season with salt and pepper.
- Remove from heat. Can be prepared 6 hours ahead.
- Let stand at room temperature. Rewarm over low heat before continuing.
- Stir almonds and vinegar into onions.
- Add a few teaspoons of water if mixture is too dry.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:36.26, Glycemic Load:10.93, Inflammation Score:-7, Nutrition Score:6.8765217496649%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 5.92mg, Isorhamnetin: 5.92mg, Isorhamnetin: 5.92mg, Isorhamnetin: 5.92mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 23.06mg, Quercetin: 23.06mg, Quercetin: 23.06mg, Quercetin: 23.06mg

Nutrients (% of daily need)

Calories: 207.17kcal (10.36%), Fat: 7.5g (11.54%), Saturated Fat: 2.21g (13.8%), Carbohydrates: 29.29g (9.76%), Net Carbohydrates: 25.54g (9.29%), Sugar: 14.19g (15.76%), Cholesterol: 7.53mg (2.51%), Sodium: 225.99mg (9.83%), Alcohol: 3.09g (100%), Alcohol %: 2.1% (100%), Protein: 3.49g (6.98%), Manganese: 0.44mg (21.92%), Vitamin E: 2.41mg (16.06%), Fiber: 3.75g (15%), Vitamin C: 9.35mg (11.33%), Magnesium: 42.39mg (10.6%), Potassium: 337.81mg (9.65%), Vitamin B2: 0.16mg (9.46%), Vitamin B6: 0.18mg (9.21%), Phosphorus: 90.26mg (9.03%), Copper: 0.17mg (8.68%), Folate: 26.52µg (6.63%), Calcium: 58.95mg (5.9%), Iron: 1mg (5.55%), Vitamin B1: 0.08mg (5.51%), Zinc: 0.56mg (3.73%), Vitamin B3: 0.61mg (3.05%), Vitamin B5: 0.21mg (2.13%), Vitamin A: 102.25IU (2.04%), Selenium: 1.15µg (1.64%)