



Grilled Balsamic Onions with Pineapple Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



144 kcal

SIDE DISH

Ingredients

- 3 tablespoons balsamic vinegar divided
- 0.3 cup mango chutney (such as Major Grey)
- 1.5 pounds onions
- 0.3 cup pineapple in juice crushed drained

Equipment

- baking pan
- grill

aluminum foil

microwave

Directions

Peel onions, and slice each into 4 slices.

Place onion slices in a single layer in a 13- x 9- x 2-inch baking dish coated with cooking spray. Cover and microwave at HIGH 5 minutes.

While onion cooks, combine chutney and pineapple; stir well. Set aside.

Remove onion slices from dish, and place in a single layer on 2 large pieces of aluminum foil coated with cooking spray.

Brush onion slices evenly with half of vinegar; wrap tightly in aluminum foil.

Place foil packets, seam sides down, on grill rack over medium-hot coals (350 to 400). Grill, covered, 10 minutes; turn packets. Open packets, and brush onion slices evenly with remaining vinegar. Top each slice with 1 tablespoon chutney mixture. Loosely wrap slices; grill 5 additional minutes or until onion is glazed and crisp-tender.

Nutrition Facts

 **PROTEIN 5.61%** **FAT 1.21%** **CARBS 93.18%**

Properties

Glycemic Index:33, Glycemic Load:12.45, Inflammation Score:-6, Nutrition Score:4.9930435250635%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 34.53mg, Quercetin: 34.53mg, Quercetin: 34.53mg, Quercetin: 34.53mg

Nutrients (% of daily need)

Calories: 144.46kcal (7.22%), Fat: 0.2g (0.3%), Saturated Fat: 0.07g (0.47%), Carbohydrates: 34.33g (11.44%), Net Carbohydrates: 31.06g (11.29%), Sugar: 20.93g (23.25%), Cholesterol: 0mg (0%), Sodium: 16.48mg (0.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.13%), Vitamin C: 15.52mg (18.81%), Fiber: 3.27g (13.09%), Manganese: 0.24mg (12.18%), Vitamin B6: 0.22mg (10.84%), Folate: 35.22µg (8.81%), Potassium: 292.17mg (8.35%), Vitamin B1: 0.09mg (6.21%), Phosphorus: 56.44mg (5.64%), Magnesium: 21mg (5.25%), Copper: 0.1mg (5.14%),

Calcium: 48.42mg (4.84%), Vitamin B2: 0.06mg (3.79%), Iron: 0.58mg (3.22%), Zinc: 0.32mg (2.15%), Vitamin B5: 0.21mg (2.13%), Selenium: 1.32µg (1.89%), Vitamin B3: 0.24mg (1.19%)