



Grilled Onion Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp heinz apple cider vinegar
- 0.3 cup grey poupon dijon mustard
- 1 Tbsp parsley fresh chopped
- 2 Tbsp olive oil
- 2 large onions cut into 1/2-inch-thick slices
- 1 tsp sugar

Equipment

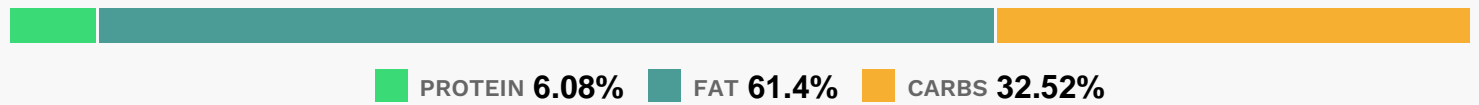
- bowl

grill

Directions

- Preheat grill to medium heat.
- Brush onion slices with oil. Grill 4 to 5 min. on each side or until tender. Coarsely chop; set aside.
- Mix mustard, vinegar, parsley and sugar in medium bowl until well blended. Stir in onions.
- Serve warm or chilled with grilled meats.

Nutrition Facts



Properties

Glycemic Index:10.05, Glycemic Load:0.48, Inflammation Score:-1, Nutrition Score:0.95782609478287%

Flavonoids

Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 22.1kcal (1.1%), Fat: 1.56g (2.4%), Saturated Fat: 0.21g (1.31%), Carbohydrates: 1.86g (0.62%), Net Carbohydrates: 1.42g (0.52%), Sugar: 0.91g (1.01%), Cholesterol: 0mg (0%), Sodium: 46.46mg (2.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.69%), Vitamin K: 4.08µg (3.89%), Selenium: 1.49µg (2.13%), Manganese: 0.04mg (2.03%), Fiber: 0.44g (1.76%), Vitamin C: 1.38mg (1.67%), Vitamin E: 0.22mg (1.47%), Vitamin B6: 0.02mg (1.05%)