



## Grilled Onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



161 kcal

SIDE DISH

## Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 0.3 cup olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 4 large onions sweet

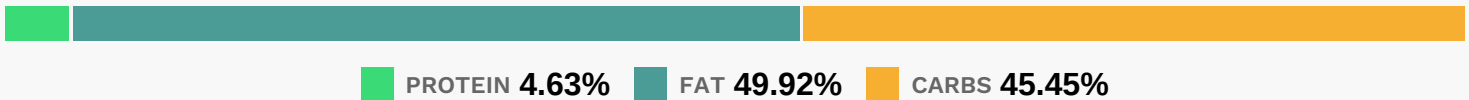
# Equipment

- ☐ whisk
- ☐ grill

# Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Whisk together first 7 ingredients.
- ☐ Cut onions into 1/2-inch-thick slices; brush with herb mixture. Grill onions, covered with grill lid, 10 minutes on each side or until golden brown.
- ☐ Remove from grill.
- ☐ Pour remaining herb mixture over onions, and serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:38.17, Glycemic Load:0.98, Inflammation Score:-9, Nutrition Score:6.4252173796944%

# Flavonoids

Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 2.53mg, Kaempferol: 2.53mg, Kaempferol: 2.53mg, Kaempferol: 2.53mg Myricetin: 2.61mg, Myricetin: 2.61mg, Myricetin: 2.61mg, Myricetin: 2.61mg Quercetin: 32.04mg, Quercetin: 32.04mg, Quercetin: 32.04mg, Quercetin: 32.04mg

# Nutrients (% of daily need)

Calories: 161.23kcal (8.06%), Fat: 9.21g (14.16%), Saturated Fat: 1.25g (7.81%), Carbohydrates: 18.86g (6.29%), Net Carbohydrates: 16.66g (6.06%), Sugar: 12.67g (14.08%), Cholesterol: 0mg (0%), Sodium: 214.58mg (9.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.84%), Vitamin K: 18.53µg (17.65%), Vitamin C: 13.41mg (16.25%), Vitamin B6: 0.29mg (14.61%), Folate: 52.53µg (13.13%), Manganese: 0.22mg (10.89%), Vitamin E: 1.35mg (8.99%), Fiber: 2.2g (8.79%), Potassium: 287.51mg (8.21%), Copper: 0.14mg (6.82%), Phosphorus: 63.54mg (6.35%), Vitamin B1: 0.09mg (6.12%), Magnesium: 23.7mg (5.92%), Calcium: 53.82mg (5.38%), Iron: 0.97mg (5.37%), Vitamin B2: 0.05mg (2.98%), Vitamin A: 131.83IU (2.64%), Vitamin B5: 0.23mg (2.26%), Zinc: 0.33mg (2.19%), Vitamin B3: 0.33mg (1.64%), Selenium: 1.11µg (1.59%)