

Grilled Onions

 **Gluten Free**  **Popular**

READY IN



75 min.

SERVINGS



8

CALORIES



132 kcal

SIDE DISH

Ingredients

- 0.5 cup butter
- 4 cubes chicken bouillon
- 4 large onions

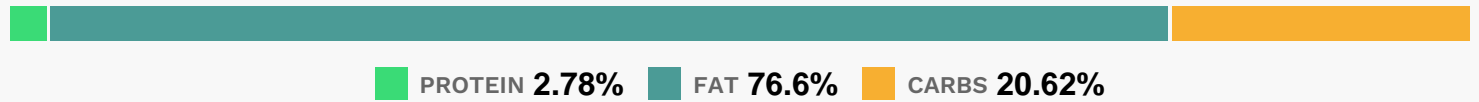
Equipment

- grill
- aluminum foil

Directions

- Preheat grill for medium heat.
- Peel outer layer off onions. Slice a small section off of one end of each onion, and make a small hole in the center. Fill the center of each onion with a bouillon cube and 2 tablespoons butter or margarine. Replace the top of the onion, and wrap in aluminum foil.
- Place onions on grill over indirect heat, and close the lid. Cook for 1 hour, or until tender.
- Remove the tops, and cut into bite size chunks.
- Place in a serving dish with all the juices from the foil.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:1.55, Inflammation Score:-5, Nutrition Score:2.3952173901641%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg

Nutrients (% of daily need)

Calories: 131.74kcal (6.59%), Fat: 11.58g (17.82%), Saturated Fat: 7.32g (45.78%), Carbohydrates: 7.01g (2.34%), Net Carbohydrates: 5.74g (2.09%), Sugar: 3.19g (3.54%), Cholesterol: 30.5mg (10.17%), Sodium: 96.23mg (4.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.89%), Vitamin A: 356.05IU (7.12%), Vitamin C: 5.55mg (6.73%), Fiber: 1.27g (5.1%), Manganese: 0.1mg (4.84%), Vitamin B6: 0.09mg (4.52%), Folate: 14.68µg (3.67%), Potassium: 112.93mg (3.23%), Phosphorus: 25.17mg (2.52%), Vitamin B1: 0.04mg (2.35%), Vitamin E: 0.34mg (2.29%), Calcium: 20.68mg (2.07%), Magnesium: 7.79mg (1.95%), Vitamin B2: 0.03mg (1.48%), Copper: 0.03mg (1.47%), Vitamin K: 1.29µg (1.23%), Vitamin B5: 0.11mg (1.08%)