



Grilled Tangy Onion Flowers

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



105 kcal

SIDE DISH

Ingredients

- 16 ounces onion
- 1 serving vegetable oil
- 0.3 cup apple cider vinegar
- 1 tablespoon oregano dried fresh chopped
- 1 tablespoon brown sugar packed
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 0.3 cup croutons crushed

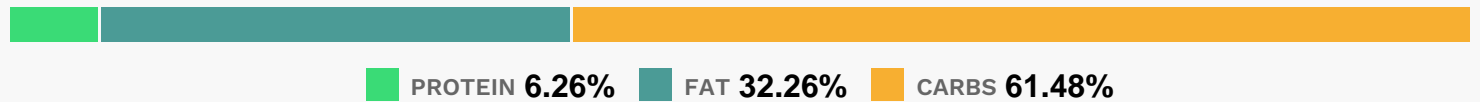
Equipment

- grill
- aluminum foil

Directions

- Heat coals or gas grill for direct heat. Peel onions; cut 1/2-inch slice from top of each onion and leave root end.
- Cut each onion from top into 8 wedges to within 1/2 inch of root end. Gently pull wedges apart.
- Brush four 18x12-inch pieces of heavy-duty foil with oil.
- Place 1 onion on each square; loosely shape foil around onion.
- Sprinkle onions with vinegar, oregano, brown sugar, salt and pepper. Wrap foil securely around onions.
- Cover and grill onions 4 inches from medium heat 50 to 60 minutes or until very tender. To serve, sprinkle onions with croutons.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:3.66, Inflammation Score:-8, Nutrition Score:4.7291304222915%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 23.02mg, Quercetin: 23.02mg, Quercetin: 23.02mg, Quercetin: 23.02mg

Nutrients (% of daily need)

Calories: 104.64kcal (5.23%), Fat: 3.84g (5.9%), Saturated Fat: 0.64g (4%), Carbohydrates: 16.45g (5.48%), Net Carbohydrates: 13.83g (5.03%), Sugar: 7.83g (8.7%), Cholesterol: 0mg (0%), Sodium: 169.25mg (7.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.35%), Vitamin K: 14.87µg (14.16%), Manganese: 0.28mg (13.83%),

Fiber: 2.62g (10.47%), Vitamin C: 8.42mg (10.21%), Vitamin B6: 0.15mg (7.57%), Folate: 27.86µg (6.96%), Potassium: 201mg (5.74%), Calcium: 52.12mg (5.21%), Iron: 0.87mg (4.81%), Vitamin B1: 0.07mg (4.67%), Magnesium: 16.72mg (4.18%), Phosphorus: 39.12mg (3.91%), Vitamin E: 0.54mg (3.59%), Copper: 0.06mg (3.03%), Vitamin B2: 0.04mg (2.6%), Selenium: 1.62µg (2.31%), Zinc: 0.26mg (1.72%), Vitamin B5: 0.17mg (1.67%), Vitamin B3: 0.33mg (1.65%)