

Grilled Vidalia Onions

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



270 kcal

SIDE DISH

Ingredients

- 16 ounce salad dressing italian-style
- 5 onion sweet

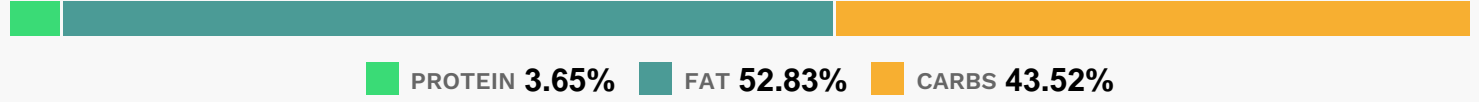
Equipment

- bowl
- grill

Directions

- Preheat an outdoor grill for low heat and lightly oil the grate.
- Cut the onions into 1/2 inch slices. In a large bowl, combine the onions with the dressing, cover and marinate in the refrigerator for at least one hour.
- Cook over low heat, turning once, to desired tenderness. Apply more dressing, if desired.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:8.6073913004087%

Flavonoids

Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 3.14mg, Kaempferol: 3.14mg, Kaempferol: 3.14mg, Kaempferol: 3.14mg Myricetin: 3.14mg, Myricetin: 3.14mg, Myricetin: 3.14mg, Myricetin: 3.14mg Quercetin: 40.05mg, Quercetin: 40.05mg, Quercetin: 40.05mg, Quercetin: 40.05mg

Nutrients (% of daily need)

Calories: 269.7kcal (13.49%), Fat: 16.17g (24.88%), Saturated Fat: 2.23g (13.94%), Carbohydrates: 29.97g (9.99%), Net Carbohydrates: 27.49g (10%), Sugar: 22.01g (24.46%), Cholesterol: 0mg (0%), Sodium: 772.76mg (33.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.03%), Vitamin K: 43.16µg (41.11%), Vitamin B6: 0.41mg (20.35%), Vitamin C: 13.54mg (16.42%), Folate: 63.44µg (15.86%), Manganese: 0.23mg (11.65%), Vitamin E: 1.71mg (11.41%), Potassium: 391.74mg (11.19%), Fiber: 2.48g (9.93%), Phosphorus: 85.81mg (8.58%), Vitamin B1: 0.13mg (8.55%), Copper: 0.17mg (8.44%), Magnesium: 28.6mg (7.15%), Calcium: 64.99mg (6.5%), Iron: 0.91mg (5.08%), Selenium: 2.89µg (4.13%), Vitamin B2: 0.06mg (3.25%), Zinc: 0.41mg (2.74%), Vitamin B5: 0.27mg (2.7%), Vitamin B3: 0.47mg (2.33%)