



Honey-Roasted Onions



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



137 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon curry powder
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 cup honey
- ☐ 1 tablespoon butter melted
- ☐ 1 teaspoon paprika
- ☐ 0.5 teaspoon salt
- ☐ 1.3 pounds vidalias sweet
- ☐ 1 tablespoon water

Equipment

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Peel onions, and cut in half crosswise.
- ☐ Place onions, cut sides down, in an 8-inch square baking dish; drizzle with water. Cover with foil; bake at 350 for 30 minutes.
- ☐ Combine honey and remaining ingredients. Turn onions over; brush half of honey mixture over onions.
- ☐ Bake, uncovered, an additional 30 minutes or until tender, basting with remaining honey mixture after 15 minutes.

Nutrition Facts



Properties

Glycemic Index:26.07, Glycemic Load:9.13, Inflammation Score:-6, Nutrition Score:3.9352173155741%

Flavonoids

Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Myricetin: 1.62mg, Myricetin: 1.62mg, Myricetin: 1.62mg Quercetin: 20.58mg, Quercetin: 20.58mg, Quercetin: 20.58mg, Quercetin: 20.58mg

Nutrients (% of daily need)

Calories: 137.36kcal (6.87%), Fat: 3.04g (4.68%), Saturated Fat: 0.6g (3.77%), Carbohydrates: 28.64g (9.55%), Net Carbohydrates: 27.05g (9.84%), Sugar: 24.58g (27.31%), Cholesterol: 0mg (0%), Sodium: 336.55mg (14.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.68%), Vitamin B6: 0.2mg (10.24%), Vitamin C: 7mg (8.48%), Folate: 33.76µg (8.44%), Vitamin A: 401.35IU (8.03%), Manganese: 0.15mg (7.27%), Fiber: 1.59g (6.37%),

Potassium: 197.74mg (5.65%), Copper: 0.09mg (4.68%), Phosphorus: 42.55mg (4.25%), Vitamin B1: 0.06mg (4.06%), Magnesium: 14.95mg (3.74%), Iron: 0.64mg (3.58%), Calcium: 33.4mg (3.34%), Vitamin B2: 0.05mg (2.65%), Vitamin E: 0.36mg (2.37%), Zinc: 0.27mg (1.77%), Vitamin B5: 0.17mg (1.69%), Vitamin B3: 0.28mg (1.4%), Selenium: 0.96µg (1.37%), Vitamin K: 1.13µg (1.07%)