



Jumble of Sweet-and-Sour Onions

 Vegetarian  Gluten Free  Dairy Free

READY IN



105 min.

SERVINGS



8

CALORIES



224 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup apple cider vinegar such as katz
- 2 mediterranean bay leaves
- 2 tablespoons brown sugar
- 0.5 cup cherries dried
- 2 cups chicken stock see
- 8 sage leaves fresh for topping
- 0.5 cup golden raisins
- 0.3 cup olive oil divided

- 0.7 cup port
- 2 pounds onions mixed red boiling (extra-small onions, pearl or onions, and small cipollini)
- 8 servings sea salt and pepper
- 8 small shallots separated (the size of a walnut in its shell)
- 2 small bushy thyme sprigs for topping

Equipment

- bowl
- frying pan
- knife
- pot
- slotted spoon

Directions

- Peel onions and shallots, removing first layer if it seems tough, and if your shallot lobes are wider than 2 in., halve them lengthwise.
- In a large, wide pot, melt 2 tbsp. butter with the thyme, bay, and sage over medium-high heat.
- Add onions and shallots and stir to coat. Season with a few pinches of salt and pepper.
- Add port, vinegar, honey, raisins, and cherries, then pour in 2 cups stock. When everything has begun to simmer, lower heat, cover, and cook 10 minutes.
- Stir onions and cook, uncovered, until liquid has thickened to a syrupy glaze and onions and shallots are tender, about 20 minutes. Pierce a few of the larger pieces with the tip of a knife to make sure they are tender. If they don't seem soft enough, add a little more broth, cover pan, and cook until tender.
- Lift onions into a bowl with a slotted spoon.
- Add remaining 2 tbsp. butter to pot, increase heat to high, and reduce liquid until syrupy, 5 to 8 minutes.
- Return onions to pot and turn to coat them in the glaze.
- Serve warm or at room temperature, topped with thyme sprigs and sage leaves.
- Make ahead: Up to 2 days. Reheat on low, covered.

Nutrition Facts

PROTEIN 7.32% FAT 32.88% CARBS 59.8%

Properties

Glycemic Index:27.58, Glycemic Load:7.57, Inflammation Score:-7, Nutrition Score:6.9304347543613%

Flavonoids

Cyanidin: 2.61mg, Cyanidin: 2.61mg, Cyanidin: 2.61mg, Cyanidin: 2.61mg Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.92mg, Peonidin: 0.92mg, Peonidin: 0.92mg, Peonidin: 0.92mg Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.94mg, Epicatechin: 1.94mg, Epicatechin: 1.94mg, Epicatechin: 1.94mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 5.69mg, Isorhamnetin: 5.69mg, Isorhamnetin: 5.69mg, Isorhamnetin: 5.69mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 23.82mg, Quercetin: 23.82mg, Quercetin: 23.82mg, Quercetin: 23.82mg

Nutrients (% of daily need)

Calories: 224.36kcal (11.22%), Fat: 7.68g (11.81%), Saturated Fat: 1.2g (7.47%), Carbohydrates: 31.4g (10.47%), Net Carbohydrates: 28.09g (10.21%), Sugar: 18.72g (20.8%), Cholesterol: 1.8mg (0.6%), Sodium: 291.77mg (12.69%), Alcohol: 3.06g (100%), Alcohol %: 1.48% (100%), Protein: 3.84g (7.69%), Manganese: 0.33mg (16.35%), Vitamin B6: 0.29mg (14.75%), Vitamin C: 11.82mg (14.32%), Copper: 0.27mg (13.65%), Fiber: 3.32g (13.26%), Potassium: 434.04mg (12.4%), Folate: 33.85µg (8.46%), Phosphorus: 79.74mg (7.97%), Vitamin E: 1.04mg (6.93%), Magnesium: 26.43mg (6.61%), Vitamin B2: 0.11mg (6.57%), Vitamin B3: 1.3mg (6.49%), Vitamin B1: 0.1mg (6.34%), Iron: 1.05mg (5.86%), Vitamin K: 5.34µg (5.08%), Calcium: 49.87mg (4.99%), Selenium: 2.4µg (3.43%), Zinc: 0.44mg (2.93%), Vitamin B5: 0.25mg (2.53%)