



Lan Pham's Herbed-Roasted Onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



170 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup olive oil extra virgin
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 2 garlic cloves minced
- ☐ 0.8 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 2 medium onions red
- ☐ 2 medium onions yellow

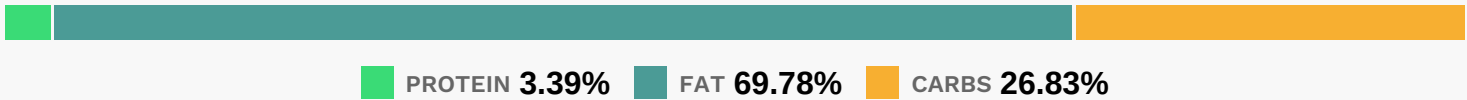
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat the oven to 400°F.
- ☐ Cut each onion into quarters, keeping the root end still intact so wedges hold together.
- ☐ In a large bowl, combine the lemon juice, mustard, garlic, thyme, salt, and pepper. Slowly whisk in the olive oil.
- ☐ Add the onions to the bowl and mix well.
- ☐ Transfer the onions to a baking dish or sheet in a single layer.
- ☐ Bake for 30 to 45 minutes, until tender and browned at the edges. Toss the onions as necessary during cooking to ensure even browning.
- ☐ Remove onions from the oven and transfer to a serving platter.
- ☐ Sprinkle with the cilantro.
- ☐ Reprinted with permission from One Big Table: A Portrait of American Cooking by Molly O'Neill, (C) 2010 Simon & Schuster

Nutrition Facts



Properties

Glycemic Index:56.25, Glycemic Load:2.51, Inflammation Score:-9, Nutrition Score:4.8373912028644%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 22.44mg, Quercetin: 22.44mg, Quercetin: 22.44mg, Quercetin: 22.44mg

Nutrients (% of daily need)

Calories: 170.09kcal (8.5%), Fat: 13.71g (21.09%), Saturated Fat: 1.93g (12.04%), Carbohydrates: 11.87g (3.96%), Net Carbohydrates: 9.61g (3.49%), Sugar: 4.89g (5.43%), Cholesterol: 0mg (0%), Sodium: 455.01mg (19.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (2.99%), Vitamin C: 14.34mg (17.39%), Vitamin E: 1.99mg (13.24%), Manganese: 0.22mg (11.03%), Fiber: 2.26g (9.03%), Vitamin K: 9.13µg (8.69%), Vitamin B6: 0.16mg (8.08%), Folate: 23.4µg (5.85%), Potassium: 189.28mg (5.41%), Vitamin B1: 0.06mg (3.92%), Magnesium: 15.48mg (3.87%), Phosphorus: 38.25mg (3.82%), Iron: 0.68mg (3.78%), Calcium: 37.37mg (3.74%), Copper: 0.06mg (3.07%), Vitamin B2: 0.04mg (2.47%), Vitamin A: 94.25IU (1.88%), Selenium: 1.2µg (1.72%), Zinc: 0.25mg (1.67%), Vitamin B5: 0.17mg (1.67%)