



## Lemon-Rosemary Roasted Onions and Garlic

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



53 kcal

SIDE DISH

### Ingredients

- 24 cloves garlic rinsed unpeeled
- 6 oz optional: lemon rinsed
- 0.3 cup olive oil
- 6 rosemary sprigs dried fresh rinsed
- 0.3 teaspoon salt and pepper

### Equipment

- frying pan
- oven

baking pan

## Directions

Cut onions in half lengthwise.

Cut lemon in half lengthwise, then cut each half crosswise into 1/4-inch-thick slices; discard seeds and ends.

In a 12- by 17-inch baking pan, mix lemon, 1/4 cup water, olive oil, garlic, rosemary, and 1/4 teaspoon each salt and pepper.

Spread level in pan.


Lay onions, cut side down, in pan, on and around lemons and herbs.

Bake in a 400 regular or convection oven until onions are soft when squeezed, 50 to 60 minutes. Check occasionally; if pan juices evaporate before onions are tender, add a few tablespoons of water. Arrange onions, cut side up, on a platter; distribute lemon, garlic, and rosemary over onions.

Serve hot or at room temperature.

Add more salt and pepper to taste.

## Nutrition Facts

 **PROTEIN 3.87%** **FAT 72.31%** **CARBS 23.82%**

## Properties

Glycemic Index:4.63, Glycemic Load:0.79, Inflammation Score:-2, Nutrition Score:1.9113043339356%

## Flavonoids

Eriodictyol: 3.03mg, Eriodictyol: 3.03mg, Eriodictyol: 3.03mg, Eriodictyol: 3.03mg Hesperetin: 3.95mg, Hesperetin: 3.95mg, Hesperetin: 3.95mg, Hesperetin: 3.95mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 53.49kcal (2.67%), Fat: 4.6g (7.08%), Saturated Fat: 0.65g (4.04%), Carbohydrates: 3.41g (1.14%), Net Carbohydrates: 2.82g (1.02%), Sugar: 0.41g (0.46%), Cholesterol: 0mg (0%), Sodium: 49.97mg (2.17%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 0.55g (1.11%), Vitamin C: 9.49mg (11.51%), Manganese: 0.11mg (5.47%), Vitamin E: 0.67mg (4.49%), Vitamin B6: 0.09mg (4.37%), Vitamin K: 2.81µg (2.68%), Fiber: 0.59g (2.37%), Calcium: 16.21mg (1.62%), Iron: 0.25mg (1.37%), Potassium: 47.02mg (1.34%), Selenium: 0.91µg (1.3%), Copper: 0.02mg (1.24%), Vitamin B1: 0.02mg (1.19%), Phosphorus: 11.78mg (1.18%)