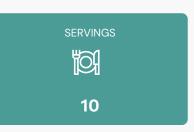


## **Little Balsamic-Glazed Onions**

READY IN

45 min.





SIDE DISH

# Ingredients

O.3 cup balsamic vinegar
O.5 teaspoon pepper black freshly ground
3 tablespoons butter
2.5 pounds cipollini onions
1 tablespoon thyme leaves fresh
1 bunch green onions cut into 2-in. lengths
0.5 teaspoon kosher salt
3 tablespoons olive oil extra-virgin divided

	2.5 pounds pearl onions red	
	1 cup vegetable broth reduced-sodium	
Equipment		
	bowl	
	frying pan	
	pot	
	slotted spoon	
	colander	
	cutting board	
	serrated knife	
Directions		
	Add half of cipollini to a pot of boiling water; simmer 1 minute, then transfer to a colander with a slotted spoon and immediately rinse with cold water. Repeat with remaining cipollini, then pearl onions (in 2 batches), then garlic.	
	With a small, sharp serrated knife, trim root ends and peel onions and garlic on a cutting board, slitting each lengthwise and holding your thumb against the pointy tip to keep its core from squirting out; then trim any fibrous tips. Put onions and garlic in a bowl and drizzle with 1 tbsp. oil, the thyme leaves, pepper, and salt.	
	Mix to coat.	
	In a large frying pan, heat remaining 2 tbsp. oil over medium-high heat.	
	Add onions and garlic, and saut, stirring often, until most are partly browned.	
	Add vinegar and broth; reduce heat to medium-low and simmer until onions are tender and some are falling apart, 10 to 20 minutes. Stir in green onions and butter.	
	Using a slotted spoon, transfer onions to a serving bowl; cover. Boil sauce over high heat until syrupy and reduced to about 3/4 cup, about 4 minutes. Stir gently into onion mixture; top with thyme sprigs.	
	Make ahead: Chill airtight up to 2 days (add green onions and thyme sprigs only at end).	

## **Nutrition Facts**

### **Properties**

Glycemic Index:26.3, Glycemic Load:5.49, Inflammation Score:-9, Nutrition Score:6.7834781819712%

#### **Flavonoids**

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg, Kaempferol: 1.51mg, Kaempferol

### Nutrients (% of daily need)

Calories: 168.67kcal (8.43%), Fat: 7.85g (12.08%), Saturated Fat: 2.84g (17.74%), Carbohydrates: 23.34g (7.78%), Net Carbohydrates: 19.2g (6.98%), Sugar: 11.05g (12.27%), Cholesterol: 9.03mg (3.01%), Sodium: 154.86mg (6.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.53%), Vitamin C: 18.35mg (22.25%), Manganese: 0.33mg (16.63%), Fiber: 4.14g (16.57%), Vitamin B6: 0.28mg (13.82%), Folate: 45.09µg (11.27%), Potassium: 353.93mg (10.11%), Vitamin K: 8.86µg (8.44%), Vitamin B1: 0.11mg (7.09%), Phosphorus: 70.18mg (7.02%), Magnesium: 25.56mg (6.39%), Calcium: 60.59mg (6.06%), Vitamin E: 0.76mg (5.08%), Copper: 0.1mg (4.9%), Iron: 0.73mg (4.06%), Vitamin B2: 0.07mg (4%), Vitamin A: 167.23IU (3.34%), Vitamin B5: 0.29mg (2.9%), Zinc: 0.42mg (2.8%), Selenium: 1.2µg (1.71%), Vitamin B3: 0.29mg (1.46%)