



Little Balsamic-Glazed Onions



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



169 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.5 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



 PROTEIN **6.32%**  FAT **40.36%**  CARBS **53.32%**

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 Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 46.3mg, Quercetin: 46.3mg, Quercetin: 46.3mg, Quercetin: 46.3mg

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: 0g (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%)