



Louis Smith's Southern Fried Onions

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



72 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons add carrot and onion to bacon fat . cook
- ☐ 3 large onions peeled thinly sliced
- ☐ 0.1 teaspoon pepper
- ☐ 1 teaspoon salt

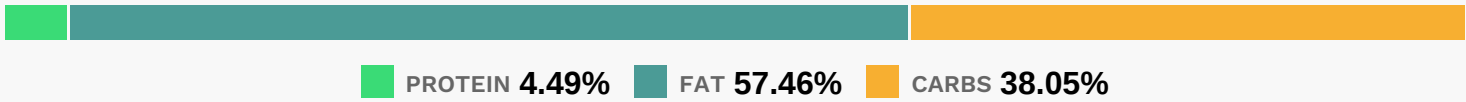
Equipment

- ☐ frying pan

Directions

- ☐
- Heat bacon drippings in a large skillet over medium-high heat.
- ☐
- Add onions, salt, and pepper. Cook, stirring frequently, 5 minutes or until onions are tender and lightly browned.
- ☐
- Serving Suggestions: Southern Fried Onions may be served as an accompaniment to fried liver, hamburgers, or mashed potatoes.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:1.55, Inflammation Score:-3, Nutrition Score:1.9247826194472%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg

Nutrients (% of daily need)

Calories: 71.96kcal (3.6%), Fat: 4.72g (7.26%), Saturated Fat: 1.85g (11.58%), Carbohydrates: 7.03g (2.34%), Net Carbohydrates: 5.75g (2.09%), Sugar: 3.18g (3.53%), Cholesterol: 4.43mg (1.48%), Sodium: 397.59mg (17.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.66%), Vitamin C: 5.55mg (6.73%), Manganese: 0.1mg (5.15%), Fiber: 1.29g (5.14%), Vitamin B6: 0.09mg (4.51%), Folate: 14.26µg (3.56%), Potassium: 110.13mg (3.15%), Vitamin B1: 0.03mg (2.3%), Phosphorus: 21.82mg (2.18%), Magnesium: 7.58mg (1.9%), Calcium: 17.67mg (1.77%), Copper: 0.03mg (1.51%), Vitamin B2: 0.02mg (1.2%)