



Maryellen's Baked Onions



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



158 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.1 teaspoon tarragon fresh chopped
- ☐ 0.3 cup honey
- ☐ 6 onions sweet

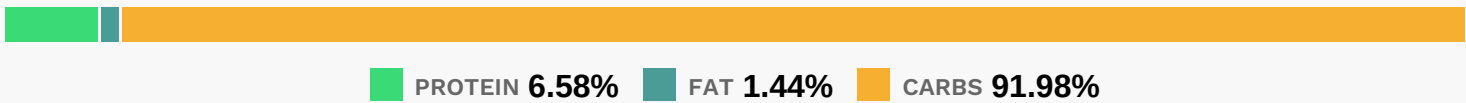
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Peel onions and make two cross cuts on the top of the onion.
- ☐ Place in a clay cooker or casserole dish.
- ☐ Mix together the Balsamic vinegar, honey and tarragon.
- ☐ Pour over onions and marinate for 1 hour.
- ☐ Bake for 30 to 40 minutes or until onions are tender.

Nutrition Facts



Properties

Glycemic Index:28.71, Glycemic Load:6.99, Inflammation Score:-8, Nutrition Score:7.1134782449707%

Flavonoids

Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg Myricetin: 3.77mg, Myricetin: 3.77mg, Myricetin: 3.77mg, Myricetin: 3.77mg Quercetin: 48.06mg, Quercetin: 48.06mg, Quercetin: 48.06mg, Quercetin: 48.06mg

Nutrients (% of daily need)

Calories: 158.33kcal (7.92%), Fat: 0.27g (0.41%), Saturated Fat: 0g (0%), Carbohydrates: 38.46g (12.82%), Net Carbohydrates: 35.45g (12.89%), Sugar: 29.8g (33.11%), Cholesterol: 0mg (0%), Sodium: 29.51mg (1.28%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.75g (5.5%), Vitamin B6: 0.43mg (21.73%), Vitamin C: 15.98mg (19.37%), Folate: 76.53µg (19.13%), Manganese: 0.28mg (14%), Fiber: 3.01g (12.04%), Potassium: 414.39mg (11.84%), Copper: 0.19mg (9.67%), Phosphorus: 92.08mg (9.21%), Vitamin B1: 0.14mg (9.05%), Magnesium: 31.49mg (7.87%), Calcium: 70.39mg (7.04%), Iron: 1.01mg (5.61%), Vitamin B2: 0.07mg (4.24%), Vitamin B5: 0.33mg (3.34%), Zinc: 0.47mg (3.14%), Selenium: 1.77µg (2.53%), Vitamin B3: 0.46mg (2.31%)