



Molasses-Baked Onions

 Gluten Free

READY IN



300 min.

SERVINGS



8

CALORIES



218 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound bacon halved
- ☐ 2 tablespoons blackstrap molasses (regular or robust; not blackstrap)
- ☐ 0.5 teaspoon salt to taste
- ☐ 12 fluid ounces sacramento tomato juice
- ☐ 2 tablespoons butter unsalted
- ☐ 4 large onions such as vidalia sweet (3 to 4 lb total)
- ☐ 1.5 cups water

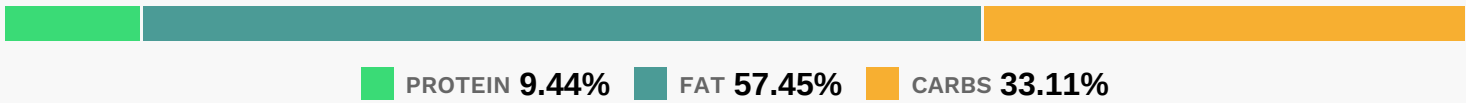
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Put oven rack in middle position and preheat oven to 400°F.
- ☐ Peel and trim onions, keeping root ends intact, then halve each lengthwise. Arrange, cut sides up, in 1 layer in a 13- by 9- by 2-inch glass baking dish or other 2 1/2-quart shallow baking dish.
- ☐ Bring tomato juice, water, butter, molasses, and salt to a boil in a 2-quart heavy saucepan, stirring occasionally, then pour over onions.
- ☐ Bake onions, uncovered, basting with juices every 30 minutes, until tender, about 2 hours.
- ☐ Lay 2 pieces of bacon side by side over each onion half and continue to bake onions, basting once with juices halfway through baking, until onions are very tender, bacon is browned, and juices are thickened, about 1 hour more.
- ☐ Onions can be baked 1 day ahead and chilled, covered. Reheat, covered with foil, in a preheated 350°F oven 20 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:9.42, Glycemic Load:2.18, Inflammation Score:-7, Nutrition Score:7.6317390773607%

Flavonoids

Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 1.91mg, Myricetin: 1.91mg, Myricetin: 1.91mg, Myricetin: 1.91mg Quercetin: 24.56mg, Quercetin: 24.56mg, Quercetin: 24.56mg, Quercetin: 24.56mg

Nutrients (% of daily need)

Calories: 218.31kcal (10.92%), Fat: 14.25g (21.92%), Saturated Fat: 5.57g (34.82%), Carbohydrates: 18.48g (6.16%), Net Carbohydrates: 16.81g (6.11%), Sugar: 13.62g (15.14%), Cholesterol: 26.24mg (8.75%), Sodium: 355.14mg (15.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.54%), Vitamin C: 16.06mg (19.47%), Vitamin B6: 0.37mg (18.67%), Potassium: 428.52mg (12.24%), Manganese: 0.24mg (11.85%), Folate: 47.04µg (11.76%), Vitamin B1: 0.17mg (11.28%), Selenium: 7.58µg (10.83%), Phosphorus: 95.88mg (9.59%), Magnesium: 35.79mg (8.95%), Vitamin B3: 1.71mg (8.53%), Copper: 0.16mg (8.19%), Fiber: 1.67g (6.67%), Vitamin A: 299.21IU (5.98%), Iron: 0.98mg (5.42%), Calcium: 51.46mg (5.15%), Vitamin B5: 0.47mg (4.74%), Zinc: 0.64mg (4.26%), Vitamin B2: 0.07mg (4.18%), Vitamin E: 0.38mg (2.52%), Vitamin B12: 0.15µg (2.46%), Vitamin K: 1.76µg (1.68%), Vitamin D: 0.17µg (1.11%)