

Monegasque-Style Onions

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



145 kcal

SIDE DISH

Ingredients

- 0.3 cup currants dried
- 1 tablespoon parsley fresh finely chopped
- 1 garlic clove with a pinch of salt minced mashed
- 0.3 cup olive oil
- 2 tablespoons sugar
- 2 thyme sprigs
- 6 servings buttered toast
- 1 tomatoes peeled seeded chopped fine

- 2 cups water
- 0.5 pound onion white boiling cold peeled for 30 seconds, plunged into a bowl of ice and water, and
- 0.5 cup citrus champagne vinegar

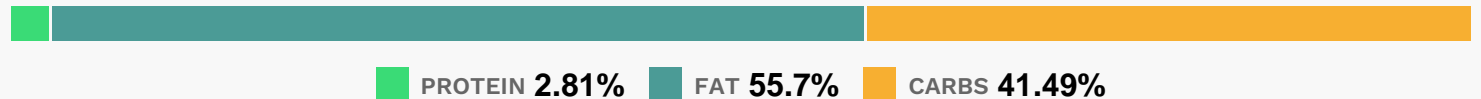
Equipment

- sauce pan

Directions

- In a large saucepan sauté the onions in the oil over moderately high heat, stirring, until they are browned, add the tomato, the vinegar, the currants, the thyme, the parsley, 1 cup of the water, the garlic paste, the sugar, and salt and pepper to taste, and bring the mixture to a boil. Simmer the mixture, adding more water, 1/2 cup at a time, as the liquid evaporates, for 50 minutes, or until the onions are tender. Cook the mixture over high heat, stirring, until the liquid is reduced to a glaze and let it cool. The onion mixture may be made 1 day in advance and kept covered and chilled.
- Transfer the mixture to a serving dish and serve it with the toast.

Nutrition Facts



Properties

Glycemic Index:44.52, Glycemic Load:5.3, Inflammation Score:-6, Nutrition Score:3.9713042896727%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg

Nutrients (% of daily need)

Calories: 145.01kcal (7.25%), Fat: 9.16g (14.1%), Saturated Fat: 1.28g (7.99%), Carbohydrates: 15.36g (5.12%), Net Carbohydrates: 14.01g (5.1%), Sugar: 11.18g (12.42%), Cholesterol: 0.01mg (0%), Sodium: 18.14mg (0.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.08%), Vitamin K: 18.43µg (17.55%), Vitamin E: 1.43mg (9.54%), Vitamin C: 7.66mg (9.28%), Manganese: 0.14mg (6.92%), Fiber: 1.34g (5.38%), Potassium: 182.91mg (5.23%),

Vitamin A: 249.4IU (4.99%), Vitamin B6: 0.09mg (4.7%), Copper: 0.07mg (3.56%), Folate: 13.28µg (3.32%), Iron: 0.57mg (3.16%), Magnesium: 11.75mg (2.94%), Vitamin B1: 0.04mg (2.91%), Phosphorus: 27.93mg (2.79%), Calcium: 25.84mg (2.58%), Vitamin B2: 0.03mg (1.9%), Vitamin B3: 0.35mg (1.76%), Zinc: 0.17mg (1.12%)