



Onion Chrysanthemums



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



171 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 0.3 cup olive oil
- ☐ 24 oz to 6 onions
- ☐ 0.3 cup pinenuts whole chopped
- ☐ 6 servings salt
- ☐ 0.3 cup citrus champagne vinegar

Equipment

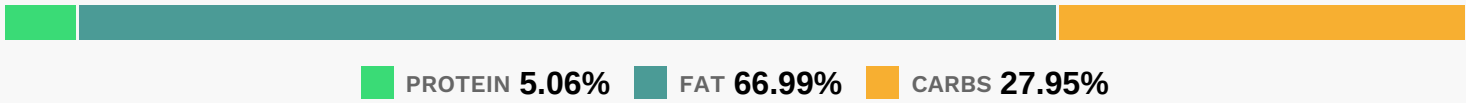
- ☐ frying pan

☐ oven

Directions

- ☐ Peel onions; trim tops. Trim root ends if needed for onions to sit flat.
- ☐ Set each onion on its root end. From top, cut through middle of each onion to 1/2 inch from bottom. Repeat cuts 1/2 to 3/4 inch apart to make 10 or 12 attached wedges on each onion.
- ☐ Set onions, cuts up, in a 9- by 13-inch pan.
- ☐ Drizzle evenly with oil, then sprinkle lightly with salt, pepper, and cayenne.
- ☐ Bake, covered, in a 400 oven until onions are very tender when pierced in center, about 1 hour.
- ☐ Uncover.
- ☐ Sprinkle onions evenly with vinegar, nuts, and chives, and bake until onion tips are lightly browned, 10 to 15 minutes longer.
- ☐ Serve hot or warm, spooning pan juices over onions.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:2.53, Inflammation Score:-8, Nutrition Score:7.3817392224851%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 23.02mg, Quercetin: 23.02mg, Quercetin: 23.02mg, Quercetin: 23.02mg

Nutrients (% of daily need)

Calories: 171.05kcal (8.55%), Fat: 13.31g (20.47%), Saturated Fat: 1.63g (10.19%), Carbohydrates: 12.49g (4.16%), Net Carbohydrates: 9.81g (3.57%), Sugar: 5.22g (5.8%), Cholesterol: 0mg (0%), Sodium: 6.23mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.53%), Manganese: 0.69mg (34.31%), Vitamin A: 836.59IU (16.73%), Vitamin E: 2.44mg (16.27%), Vitamin C: 10.02mg (12.14%), Fiber: 2.68g (10.73%), Vitamin K: 10.51µg (10.01%), Vitamin B6: 0.19mg (9.52%), Magnesium: 28.91mg (7.23%), Phosphorus: 71.9mg (7.19%), Potassium: 243.51mg (6.96%), Folate: 25.6µg (6.4%), Copper: 0.13mg (6.35%), Vitamin B1: 0.08mg (5.28%), Iron: 0.8mg (4.45%), Zinc: 0.61mg

(4.06%), Vitamin B2: 0.06mg (3.63%), Calcium: 30.68mg (3.07%), Vitamin B3: 0.55mg (2.76%), Vitamin B5: 0.16mg (1.57%), Selenium: 0.78µg (1.12%)