



Onions Baked with Rosemary and Cream

 Vegetarian  Gluten Free

READY IN



140 min.

SERVINGS



6

CALORIES



161 kcal

SIDE DISH

Ingredients

- 2 cups chicken stock see
- 3 sprigs rosemary leaves fresh chopped
- 0.5 cup cup heavy whipping cream
- 1 tablespoon olive oil extra virgin extra-virgin
- 6 servings salt and pepper to taste
- 6 medium onion yellow with peel

Equipment

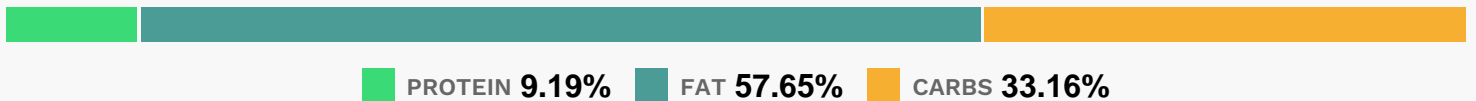
- frying pan

- baking sheet
- oven
- knife
- baking pan

Directions

- Preheat the oven to 425 degrees F (220 degrees C).
- Slice about 1/4 inch off of the tops and bottoms of the onions.
- Cut in half crosswise leaving the skin on, and arrange cut side up in a shallow baking dish.
- Pour the chicken stock over and around the onion halves, then drizzle with olive oil. Season liberally with salt, pepper and rosemary.
- Place on top of a cookie sheet to catch any splatters that may occur.
- Bake uncovered for 1 hour in the preheated oven, or until onion is easily pierced with a knife and liquid has reduced by 1/2
- Remove the dish from the oven, and pour the cream over the onions. Return to the oven, and continue to bake uncovered until the pan juices have thickened slightly and onions are browned, up to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:2.27, Inflammation Score:-6, Nutrition Score:4.9265217521916%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg

Nutrients (% of daily need)

Calories: 160.93kcal (8.05%), Fat: 10.57g (16.26%), Saturated Fat: 5.19g (32.43%), Carbohydrates: 13.67g (4.56%), Net Carbohydrates: 11.79g (4.29%), Sugar: 6.51g (7.23%), Cholesterol: 24.81mg (8.27%), Sodium: 318mg (13.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.58%), Vitamin C: 8.43mg (10.22%), Vitamin B6: 0.19mg (9.4%), Vitamin B2: 0.14mg (7.94%), Potassium: 263.84mg (7.54%), Fiber: 1.88g (7.51%), Manganese: 0.14mg (7.15%), Vitamin B3: 1.4mg (7.02%), Phosphorus: 65.04mg (6.5%), Folate: 25.75µg (6.44%), Vitamin A: 297.61IU (5.95%), Vitamin B1: 0.08mg (5.51%), Copper: 0.09mg (4.43%), Selenium: 2.91µg (4.15%), Calcium: 41.09mg (4.11%), Magnesium: 15.64mg (3.91%), Vitamin E: 0.56mg (3.76%), Vitamin K: 2.64µg (2.51%), Iron: 0.44mg (2.43%), Zinc: 0.35mg (2.32%), Vitamin D: 0.32µg (2.12%), Vitamin B5: 0.19mg (1.86%)