



Pickled Cipollini Onions in Sherry

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 bay leaves
- 0.5 teaspoon peppercorns black
- 3 tablespoons brown sugar
- 0.5 cup cream sherry
- 0.5 teaspoon fennel seeds
- 0.3 cup kosher salt
- 1 cup malt vinegar
- 1.5 teaspoons mustard seeds

- 1 pound pearl onions peeled
- 1 chile dried red hot
- 1 rosemary sprig fresh
- 1 cup sherry vinegar
- 2 cups water divided

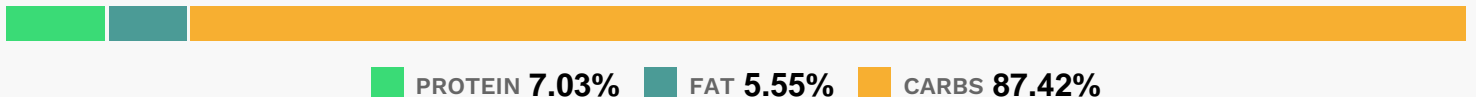
Equipment

- bowl
- sauce pan

Directions

- Combine 1 1/2 cups water, salt, and onions in a bowl. Cover mixture and refrigerate overnight.
- Combine 1/2 cup water, sherry vinegar, malt vinegar, cream sherry, brown sugar, mustard seeds, fennel seeds, peppercorns, and red chile in a nonaluminum saucepan, and bring mixture to a boil, stirring to dissolve sugar. Reduce heat, and simmer 5 minutes.
- Remove mixture from heat, and let stand 1 hour.
- Drain onions. Rinse onions and pat them dry.
- Add onions to the vinegar mixture, and bring to a boil.
- Reduce heat, and simmer mixture for 3 minutes.
- Place onions, bay leaves, and rosemary in hot jars; cover onion mixture with hot vinegar mixture, leaving 1/4-inch head space.
- Cover jars with metal lids, and screw on the bands. Cool completely. Refrigerate onions at least 1 month before serving.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:0.63, Inflammation Score:-2, Nutrition Score:1.2121739232022%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 33.96kcal (1.7%), Fat: 0.15g (0.23%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 5.34g (1.78%), Net Carbohydrates: 4.74g (1.72%), Sugar: 3.5g (3.88%), Cholesterol: 0mg (0%), Sodium: 2363.08mg (102.74%), Alcohol: 0.77g (100%), Alcohol %: 0.93% (100%), Protein: 0.43g (0.86%), Manganese: 0.1mg (4.94%), Vitamin C: 2.23mg (2.71%), Fiber: 0.6g (2.39%), Vitamin B6: 0.04mg (2.06%), Potassium: 62.37mg (1.78%), Magnesium: 6.52mg (1.63%), Calcium: 15.68mg (1.57%), Folate: 6.07µg (1.52%), Phosphorus: 14.45mg (1.44%), Iron: 0.25mg (1.39%), Copper: 0.03mg (1.3%), Selenium: 0.86µg (1.22%), Vitamin B1: 0.02mg (1.08%)