



Pickled Grilled Red Onions

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



76 kcal

SIDE DISH

Ingredients

- 0.5 cup cider vinegar
- 2 small onions red
- 1 teaspoon salt
- 0.3 cup sugar

Equipment

- bowl
- sauce pan
- toothpicks

grill

Directions

- Preheat an outdoor grill for high heat and lightly oil grate.
- Peel onions and trim root ends just slightly. Quarter the onions, keeping the layers intact with the remaining root ends. If necessary, use a toothpick to keep layers together while on the grill.
- Grill onions until slightly charred, about 5 minutes.
- Remove from the grill and place in a nonreactive bowl.
- Meanwhile, heat vinegar, sugar, and salt in a small non-reactive saucepan over medium heat. Stir until the sugar is dissolved.
- Pour hot liquid over the grilled onions and let stand for 10 to 15 minutes.
- Remove onions from liquid and refrigerate until ready to use.

Nutrition Facts

PROTEIN 3.24% FAT 1.14% CARBS 95.62%

Properties

Glycemic Index:34.27, Glycemic Load:9.97, Inflammation Score:-2, Nutrition Score:1.632173900209%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 76.4kcal (3.82%), Fat: 0.09g (0.15%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 17.86g (5.95%), Net Carbohydrates: 16.93g (6.16%), Sugar: 14.93g (16.59%), Cholesterol: 0mg (0%), Sodium: 585.19mg (25.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.21%), Manganese: 0.15mg (7.37%), Vitamin C: 4.07mg (4.93%), Fiber: 0.94g (3.74%), Vitamin B6: 0.07mg (3.3%), Potassium: 102.48mg (2.93%), Folate: 10.45µg (2.61%), Phosphorus: 18.34mg (1.83%), Magnesium: 7.01mg (1.75%), Vitamin B1: 0.03mg (1.69%), Calcium: 15.23mg (1.52%), Copper: 0.03mg (1.26%), Iron: 0.19mg (1.04%), Vitamin B2: 0.02mg (1.01%)