



Ragout of Cipollini Onions with Tomato, Cinnamon, and Cumin



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



107 kcal

SIDE DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 1 teaspoon brown sugar
- ☐ 1 stick cinnamon (2-inch)
- ☐ 2 pounds cipollini onions peeled
- ☐ 0.3 cup currants dried
- ☐ 2 tablespoons cilantro leaves fresh chopped

- ☐ 2 garlic clove chopped
- ☐ 1 teaspoon ground coriander
- ☐ 0.3 teaspoon ground cumin
- ☐ 2 tablespoons orange juice fresh
- ☐ 1 strip orange zest (3-inch)
- ☐ 0.5 teaspoon salt divided
- ☐ 3 thyme sprigs
- ☐ 1.3 pounds tomatoes cut in half crosswise (3 large)
- ☐ 1 cup vegetable stock

Equipment

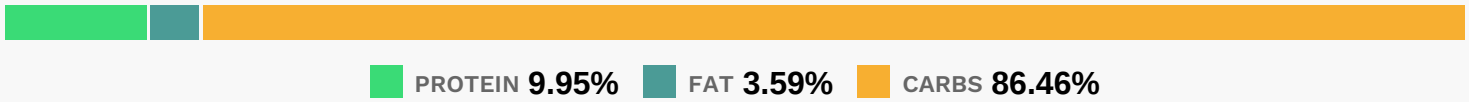
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Sprinkle garlic evenly in bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange tomato halves, cut sides down, over garlic.
- ☐ Sprinkle with 1/4 teaspoon salt and 1/8 teaspoon pepper; lightly spray tomato halves with cooking spray.
- ☐ Bake at 375 for 55 minutes or until tender.
- ☐ Remove from oven; cool in dish.
- ☐ Place tomato mixture in a blender or food processor, reserving liquid in baking dish. Process tomato mixture until smooth; strain through a sieve into a large bowl. Discard solids.

- ☐ Add reserved liquid to bowl.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add onions, and saut for 8 minutes.
- ☐ Remove onions from pan.
- ☐ Add coriander, cumin, and cinnamon to pan, and saut for 1 minute.
- ☐ Add onions, pureed tomato mixture, 1/4 teaspoon salt, 1/8 teaspoon pepper, broth, and next 4 ingredients (broth through orange rind) to pan. Bring to a simmer over medium heat, and cook for 30 minutes or until onions are tender and sauce is thick, stirring occasionally.
- ☐ Remove from heat, and stir in orange juice and sugar.
- ☐ Remove cinnamon stick, bay leaves, and orange rind.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:5.84, Inflammation Score:-9, Nutrition Score:9.1204347195833%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 31.34mg, Quercetin: 31.34mg, Quercetin: 31.34mg, Quercetin: 31.34mg

Nutrients (% of daily need)

Calories: 107.34kcal (5.37%), Fat: 0.47g (0.72%), Saturated Fat: 0.11g (0.68%), Carbohydrates: 25.47g (8.49%), Net Carbohydrates: 20.87g (7.59%), Sugar: 14.12g (15.68%), Cholesterol: 0mg (0%), Sodium: 364.68mg (15.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.86%), Vitamin C: 28.97mg (35.11%), Manganese: 0.48mg (24.14%), Vitamin A: 928.87IU (18.58%), Fiber: 4.6g (18.39%), Potassium: 521.56mg (14.9%), Vitamin B6: 0.29mg (14.72%), Folate: 45.76µg (11.44%), Vitamin K: 9.03µg (8.6%), Vitamin B1: 0.12mg (8.23%), Magnesium: 31.46mg (7.86%), Phosphorus: 77.97mg (7.8%), Copper: 0.15mg (7.46%), Calcium: 64.89mg (6.49%), Iron: 0.99mg (5.52%), Vitamin B3: 0.9mg (4.49%), Vitamin B2: 0.07mg (4.4%), Vitamin E: 0.57mg (3.81%), Zinc: 0.5mg (3.32%),

Vitamin B5: 0.3mg (2.98%), Selenium: 1.07µg (1.53%)