

Red-Onion Mojo



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



69 kcal

SIDE DISH

Ingredients

- ☐ 2 cups cilantro leaves fresh loosely packed () (from 1 large bunch)
- ☐ 0.5 cup juice of lime fresh
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 5 cups very onions red halved lengthwise thinly sliced

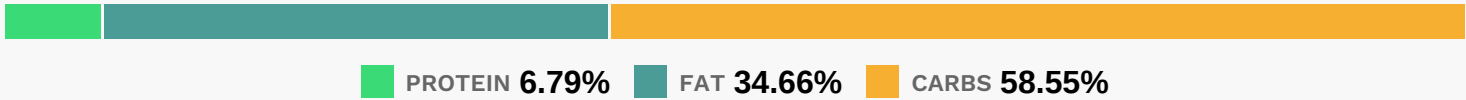
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in heavy large skillet over medium-high heat.
- ☐ Add onions and sauté until tender and translucent but not brown, about 10 minutes. (Can be prepared 2 hours ahead.
- ☐ Let stand at room temperature. Rewarm over medium heat before continuing.)
- ☐ Add lime juice to onions and simmer until liquid is slightly reduced, about 3 minutes. Season to taste with salt and pepper.
- ☐ Remove onions from heat. Stir in cilantro leaves.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:2.07, Inflammation Score:-6, Nutrition Score:4.1343477912571%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 22.49mg, Quercetin: 22.49mg, Quercetin: 22.49mg, Quercetin: 22.49mg

Nutrients (% of daily need)

Calories: 68.57kcal (3.43%), Fat: 2.83g (4.36%), Saturated Fat: 0.42g (2.6%), Carbohydrates: 10.76g (3.59%), Net Carbohydrates: 8.89g (3.23%), Sugar: 4.53g (5.03%), Cholesterol: 0mg (0%), Sodium: 6.2mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.5%), Vitamin C: 13.02mg (15.78%), Vitamin K: 14.52µg (13.82%), Fiber: 1.87g (7.49%), Manganese: 0.15mg (7.44%), Vitamin B6: 0.13mg (6.59%), Folate: 22.99µg (5.75%), Vitamin A: 279.48IU (5.59%), Potassium: 184.56mg (5.27%), Vitamin E: 0.54mg (3.61%), Vitamin B1: 0.05mg (3.5%), Phosphorus: 33.04mg (3.3%), Magnesium: 12.25mg (3.06%), Calcium: 27.82mg (2.78%), Copper: 0.05mg (2.6%), Vitamin B2: 0.04mg (2.1%), Iron: 0.31mg (1.72%), Vitamin B5: 0.16mg (1.64%), Zinc: 0.2mg (1.35%)