



Red Onions Roasted With Balsamic and Honey

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



264 kcal

SIDE DISH

Ingredients

- 1 cup balsamic vinegar
- 0.3 bunch thyme sprigs fresh
- 0.3 cup honey
- 0.3 cup olive oil extra virgin extra-virgin
- 3 onion red peeled halved lengthwise
- 6 servings pepper black freshly ground
- 0.5 stick butter unsalted

Equipment

frying pan

oven

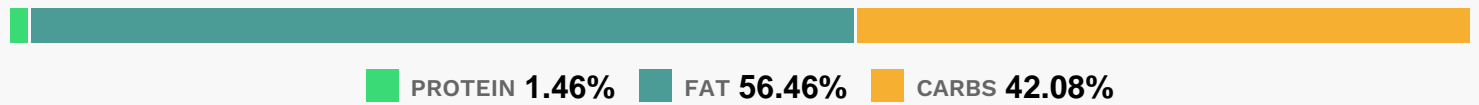
Directions

Preheat the oven to 325 degrees F.

Put the onions on a sheet pan, cut side up, and drizzle with balsamic vinegar, olive oil, and honey. Season with salt and pepper then top each with a pat of butter and fresh thyme.

Bake for 40 minutes, until the onions are soft and caramelised around the edges.

Nutrition Facts



Properties

Glycemic Index:34.38, Glycemic Load:12.87, Inflammation Score:-5, Nutrition Score:3.0786956859672%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg 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: 264.15kcal (13.21%), Fat: 16.7g (25.69%), Saturated Fat: 6.1g (38.15%), Carbohydrates: 28g (9.33%), Net Carbohydrates: 26.98g (9.81%), Sugar: 24.15g (26.84%), Cholesterol: 20.25mg (6.75%), Sodium: 13.98mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.94%), Vitamin E: 1.53mg (10.18%), Manganese: 0.16mg (7.88%), Vitamin K: 6.46µg (6.15%), Vitamin C: 4.43mg (5.37%), Vitamin A: 244.89IU (4.9%), Fiber: 1.02g (4.09%), Potassium: 142.39mg (4.07%), Vitamin B6: 0.07mg (3.58%), Iron: 0.59mg (3.29%), Magnesium: 11.6mg (2.9%), Calcium: 28.72mg (2.87%), Folate: 11.2µg (2.8%), Phosphorus: 27.37mg (2.74%), Copper: 0.04mg (2.15%), Vitamin B1: 0.03mg (1.73%), Vitamin B2: 0.03mg (1.54%), Zinc: 0.18mg (1.21%)