



## Roasted Cipollini Onions



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 4 pounds cipollini onions
- ☐ 1 cup wine dry red
- ☐ 2 tablespoons honey
- ☐ 0.5 cup soy sauce low-sodium
- ☐ 2 tablespoons olive oil
- ☐ 4 rosemary
- ☐ 2 quarts water

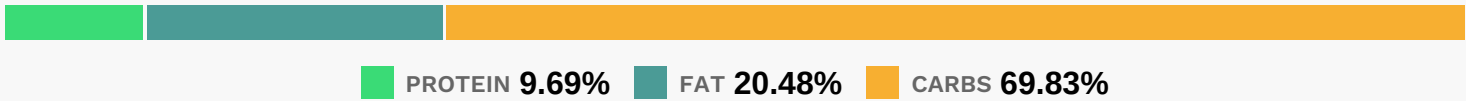
## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ slotted spoon

## Directions

- ☐ Preheat oven to 47
- ☐ Bring water to a boil in a stockpot.
- ☐ Add onions; cook 30 seconds.
- ☐ Drain; cool. Peel onions; arrange in a single layer on a jelly roll pan. Top with 4 rosemary sprigs.
- ☐ Combine wine and next 4 ingredients (wine through honey), stirring with a whisk.
- ☐ Pour wine mixture over onions.
- ☐ Bake at 475 for 30 minutes, turning twice.
- ☐ Remove onions from pan with a slotted spoon. Carefully pour cooking liquid into a small saucepan; bring to a boil. Reduce heat; simmer 3 minutes or until mixture is the consistency of a thin syrup.
- ☐ Pour over onions; toss well to coat.
- ☐ Garnish with rosemary sprigs, if desired.

## Nutrition Facts



## Properties

Glycemic Index:19.93, Glycemic Load:6.28, Inflammation Score:-7, Nutrition Score:5.6765217201217%

## Flavonoids

Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg Delphinidin: 1mg, Delphinidin: 1mg, Delphinidin: 1mg, Delphinidin: 1mg Malvidin: 6.3mg, Malvidin: 6.3mg, Malvidin: 6.3mg, Malvidin: 6.3mg Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 9.09mg, Isorhamnetin: 9.09mg, Isorhamnetin: 9.09mg, Isorhamnetin: 9.09mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 36.97mg, Quercetin: 36.97mg, Quercetin: 36.97mg, Quercetin: 36.97mg

Nutrients (% of daily need)

Calories: 144.89kcal (7.24%), Fat: 3.03g (4.66%), Saturated Fat: 0.47g (2.94%), Carbohydrates: 23.22g (7.74%), Net Carbohydrates: 20.02g (7.28%), Sugar: 12.48g (13.86%), Cholesterol: 0mg (0%), Sodium: 477.92mg (20.78%), Alcohol: 2.52g (100%), Alcohol %: 0.76% (100%), Protein: 3.22g (6.45%), Vitamin C: 13.47mg (16.33%), Manganese: 0.3mg (15.17%), Fiber: 3.2g (12.8%), Vitamin B6: 0.24mg (11.99%), Folate: 40.29µg (10.07%), Potassium: 321.89mg (9.2%), Phosphorus: 75.59mg (7.56%), Magnesium: 30.03mg (7.51%), Vitamin B1: 0.09mg (5.92%), Copper: 0.11mg (5.56%), Calcium: 54.32mg (5.43%), Vitamin B2: 0.08mg (4.79%), Iron: 0.66mg (3.66%), Vitamin E: 0.49mg (3.28%), Zinc: 0.45mg (2.97%), Vitamin B5: 0.27mg (2.67%), Vitamin K: 2.41µg (2.3%), Vitamin B3: 0.36mg (1.81%), Selenium: 1.01µg (1.44%)