



## Roasted Cipollini Onions with Sherry Vinegar

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



196 kcal

SIDE DISH

### Ingredients

- 1.5 pounds cipollini onions
- 0.3 cup olive oil extra-virgin
- 4 servings salt and pepper freshly ground
- 0.3 cup sherry vinegar
- 1 teaspoon sugar
- 1 tablespoon thyme leaves

### Equipment

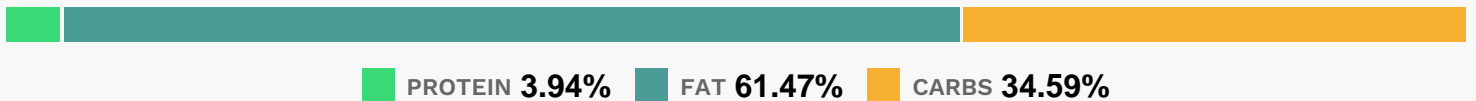
- frying pan

- oven
- pot
- aluminum foil
- stove

## Directions

- Preheat the oven to 42
- In a large pot of boiling, salted water, cook the cipollini until just tender, about 3 minutes.
- Drain and cool under cold running water. Trim and peel the onions and pat dry.
- Transfer the onions to a large ovenproof skillet and stir in the olive oil, thyme leaves, sugar and 1/4 cup of the sherry vinegar. Bring to a simmer over moderate heat. Cover the skillet with foil and roast the onions in the upper third of the oven for about 20 minutes, until soft.
- Remove the foil and roast the onions for about 10 minutes, basting a few times with the juices, until lightly glazed.
- Transfer the skillet to the stove.
- Add the remaining 2 tablespoons of sherry vinegar and stir over moderate heat until the onions are richly glazed, about 2 minutes. Season with salt and plenty of pepper and serve.

## Nutrition Facts



## Properties

Glycemic Index:35.52, Glycemic Load:4.29, Inflammation Score:-9, Nutrition Score:5.7582608668701%

## Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 34.53mg, Quercetin: 34.53mg, Quercetin: 34.53mg, Quercetin: 34.53mg

## Nutrients (% of daily need)

Calories: 195.83kcal (9.79%), Fat: 13.7g (21.08%), Saturated Fat: 1.94g (12.14%), Carbohydrates: 17.35g (5.78%), Net Carbohydrates: 14.21g (5.17%), Sugar: 8.21g (9.12%), Cholesterol: 0mg (0%), Sodium: 202.23mg (8.79%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 1.97g (3.95%), Vitamin C: 15.46mg (18.74%), Vitamin E: 1.98mg (13.19%), Manganese: 0.26mg (12.85%), Fiber: 3.14g (12.55%), Vitamin B6: 0.21mg (10.51%), Vitamin K: 8.81µg (8.39%), Folate: 33.11µg (8.28%), Potassium: 265.02mg (7.57%), Vitamin B1: 0.08mg (5.27%), Phosphorus: 52.38mg (5.24%), Magnesium: 20.41mg (5.1%), Calcium: 47.37mg (4.74%), Iron: 0.81mg (4.49%), Copper: 0.08mg (3.89%), Vitamin B2: 0.05mg (3.2%), Zinc: 0.33mg (2.17%), Vitamin B5: 0.22mg (2.16%), Vitamin A: 86.54IU (1.73%), Selenium: 0.86µg (1.22%), Vitamin B3: 0.23mg (1.15%)