



## Roasted Onions

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



10

CALORIES



161 kcal

SIDE DISH

### Ingredients

- 0.3 cup balsamic vinegar
- 0.3 cup firmly brown sugar light packed
- 1 pound cipollini onions
- 0.3 cup olive oil
- 1 pound pearl onions
- 4 small onions red quartered
- 0.5 tsp salt
- 1 pound shallots

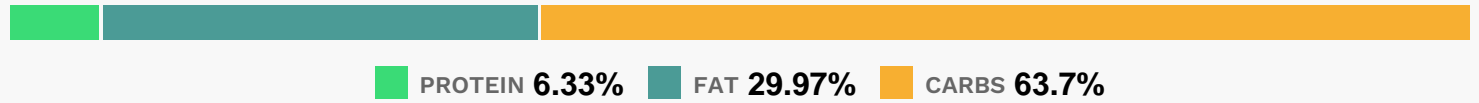
## Equipment

- bowl
- frying pan
- oven
- whisk

## Directions

- Preheat oven to 45
- Whisk together first 4 ingredients in a large bowl.
- Toss red onions and next 3 ingredients with oil mixture. Arrange in a single layer on a lightly greased 17- x 12-inch jelly-roll pan.
- Bake at 450 for 30 to 40 minutes or until tender and golden brown, stirring twice.

## Nutrition Facts



## Properties

Glycemic Index:16.1, Glycemic Load:5.17, Inflammation Score:-6, Nutrition Score:6.0621739353823%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 6.75mg, Isorhamnetin: 6.75mg, Isorhamnetin: 6.75mg, Isorhamnetin: 6.75mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 27.35mg, Quercetin: 27.35mg, Quercetin: 27.35mg, Quercetin: 27.35mg

## Nutrients (% of daily need)

Calories: 160.79kcal (8.04%), Fat: 5.58g (8.58%), Saturated Fat: 0.81g (5.06%), Carbohydrates: 26.68g (8.89%), Net Carbohydrates: 22.94g (8.34%), Sugar: 15.57g (17.3%), Cholesterol: 0mg (0%), Sodium: 130.22mg (5.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.31%), Vitamin C: 13.6mg (16.48%), Vitamin B6: 0.32mg (16.02%), Manganese: 0.32mg (15.92%), Fiber: 3.74g (14.97%), Potassium: 362.72mg (10.36%), Folate: 41.07µg (10.27%), Phosphorus: 67.72mg (6.77%), Magnesium: 24.26mg (6.07%), Vitamin B1: 0.09mg (5.95%), Vitamin E: 0.82mg (5.48%), Calcium: 54.18mg (5.42%), Iron: 0.94mg (5.24%), Copper: 0.1mg (4.84%), Vitamin K: 4.15µg (3.95%),

Vitamin B5: 0.3mg (3.05%), Zinc: 0.42mg (2.78%), Vitamin B2: 0.05mg (2.67%), Selenium: 1.28µg (1.83%), Vitamin B3: 0.25mg (1.27%)