

Roasted Onions

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



53 kcal

SIDE DISH

Ingredients

- 8 servings salt and pepper fresh
- 2 tablespoons olive oil
- 4 medium onion yellow unpeeled

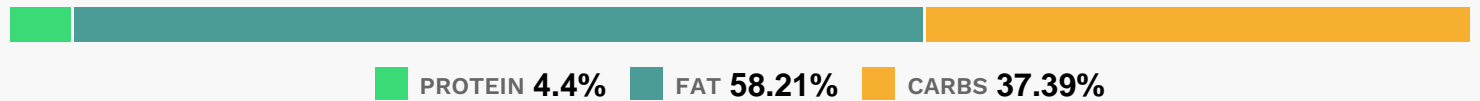
Equipment

- baking sheet
- oven

Directions

- Adjust oven rack to lowest position; heat to 425 degrees.
- Cut onions in half; toss with oil and a generous sprinkle of salt and pepper.
- Place, cut-side down, on a lipped cookie sheet.
- Roast until tender and cut surfaces are golden brown, 25 to 30 minutes. Adjust seasonings; drizzle with balsamic vinegar.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:1.13, Inflammation Score:-3, Nutrition Score:1.5999999883706%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 52.94kcal (2.65%), Fat: 3.56g (5.47%), Saturated Fat: 0.51g (3.16%), Carbohydrates: 5.14g (1.71%), Net Carbohydrates: 4.2g (1.53%), Sugar: 2.33g (2.59%), Cholesterol: 0mg (0%), Sodium: 196.06mg (8.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.21%), Vitamin C: 4.07mg (4.93%), Fiber: 0.94g (3.74%), Manganese: 0.07mg (3.57%), Vitamin E: 0.51mg (3.43%), Vitamin B6: 0.07mg (3.3%), Folate: 10.45µg (2.61%), Potassium: 80.38mg (2.3%), Vitamin K: 2.33µg (2.22%), Vitamin B1: 0.03mg (1.69%), Phosphorus: 15.95mg (1.6%), Magnesium: 5.51mg (1.38%), Calcium: 12.81mg (1.28%), Copper: 0.02mg (1.08%)