

# Roasted Onions Agrodolce

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



366 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 bay leaves
- 2.5 pounds cipollini onions peeled
- 6 tablespoons wine dry red
- 0.3 cup golden raisins
- 0.3 cup granulated sugar
- 1 tablespoon olive oil
- 6 tablespoons red wine vinegar
- 0.5 cup bacon smoked

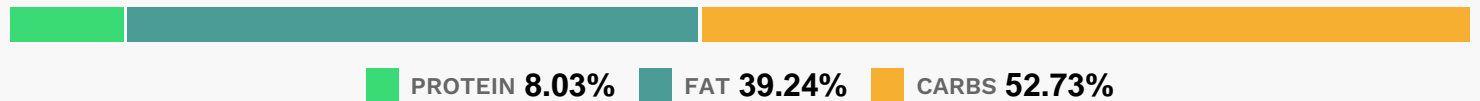
## Equipment

- sauce pan
- oven
- baking pan

## Directions

- Heat the oven to 450°F and arrange a rack in the middle.
- Combine onions, bacon, and olive oil in a 13-by-9-inch baking dish, stir to coat onions in oil, season with salt and freshly ground black pepper, and place in the oven. Roast, stirring occasionally, until onions are golden and start to become tender, about 30 minutes. Meanwhile, combine remaining ingredients in a small saucepan over medium heat, stir until sugar is dissolved, then continue cooking until reduced by 1/2, about 20 minutes. When onions are done, remove from the oven, pour sauce over them, reduce oven temperature to 400°F, and return the baking dish to the oven. Roast onions, basting occasionally, until sauce is thick and syrupy, about another 8 minutes.
- Remove from the oven and stir onions to coat in sauce. Return to the oven and continue roasting until fork tender, about 8 minutes more.
- Serve hot or lukewarm.

## Nutrition Facts



## Properties

Glycemic Index:38.44, Glycemic Load:18.45, Inflammation Score:-8, Nutrition Score:9.7943478537642%

## Flavonoids

Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg Malvidin: 5.9mg, Malvidin: 5.9mg, Malvidin: 5.9mg, Malvidin: 5.9mg Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 14.21mg, Isorhamnetin: 14.21mg, Isorhamnetin: 14.21mg, Isorhamnetin: 14.21mg Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg

2.09mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 57.9mg, Quercetin: 57.9mg, Quercetin: 57.9mg, Quercetin: 57.9mg

## **Nutrients (% of daily need)**

Calories: 366.18kcal (18.31%), Fat: 15.6g (24.01%), Saturated Fat: 4.55g (28.43%), Carbohydrates: 47.18g (15.73%), Net Carbohydrates: 41.99g (15.27%), Sugar: 29.86g (33.18%), Cholesterol: 19.52mg (6.51%), Sodium: 210.2mg (9.14%), Alcohol: 2.36g (100%), Alcohol %: 0.78% (100%), Protein: 7.18g (14.37%), Vitamin C: 21.39mg (25.93%), Vitamin B6: 0.45mg (22.43%), Fiber: 5.19g (20.75%), Manganese: 0.41mg (20.49%), Potassium: 549.26mg (15.69%), Vitamin B1: 0.21mg (14.18%), Phosphorus: 137.05mg (13.7%), Folate: 54.18µg (13.55%), Selenium: 7.5µg (10.72%), Magnesium: 36mg (9%), Vitamin B3: 1.62mg (8.11%), Copper: 0.16mg (7.96%), Calcium: 73.2mg (7.32%), Vitamin B2: 0.12mg (7.08%), Zinc: 0.87mg (5.79%), Iron: 1.02mg (5.65%), Vitamin B5: 0.53mg (5.26%), Vitamin E: 0.7mg (4.66%), Vitamin K: 3.56µg (3.39%), Vitamin B12: 0.15µg (2.46%)