



## Roasted Onions with Balsamic-Honey Drizzle

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



68 kcal

SIDE DISH

### Ingredients

- 1 tablespoon balsamic vinegar
- 0.3 teaspoon pepper black
- 1 tablespoon butter melted
- 0.5 cup less-sodium chicken broth fat-free
- 1 tablespoon honey
- 0.5 teaspoon salt
- 24 ounce walla walla sweet peeled quartered
- 2 teaspoons or dried fresh chopped

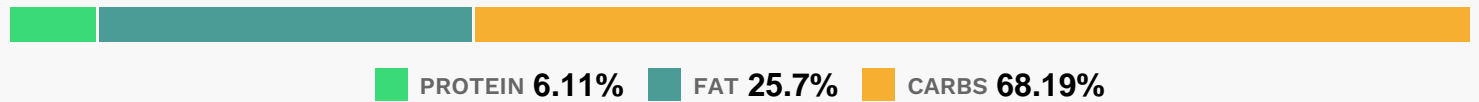
## Equipment

- oven
- whisk
- roasting pan

## Directions

- Preheat oven to 42
- Combine first 5 ingredients in a jelly roll pan or shallow roasting pan coated with cooking spray; toss to coat.
- Bake at 425 for 30 minutes or until lightly browned, stirring once.
- Pour broth over onions; stir gently to combine.
- Bake an additional 10 minutes or until tender.
- Combine the vinegar and honey, stirring with a whisk.
- Drizzle over onions, tossing gently to coat.

## Nutrition Facts



## Properties

Glycemic Index:30.71, Glycemic Load:1.74, Inflammation Score:-6, Nutrition Score:3.2147826474646%

## Flavonoids

Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg Quercetin: 16.47mg, Quercetin: 16.47mg, Quercetin: 16.47mg, Quercetin: 16.47mg

## Nutrients (% of daily need)

Calories: 67.89kcal (3.39%), Fat: 2.04g (3.14%), Saturated Fat: 1.21g (7.56%), Carbohydrates: 12.19g (4.06%), Net Carbohydrates: 11.02g (4.01%), Sugar: 9g (10%), Cholesterol: 5.02mg (1.67%), Sodium: 296.19mg (12.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.18%), Vitamin B6: 0.15mg (7.65%), Folate: 27.34µg (6.83%),

Vitamin C: 5.63mg (6.82%), Manganese: 0.13mg (6.6%), Vitamin K: 6.35µg (6.05%), Fiber: 1.17g (4.69%), Iron: 0.78mg (4.32%), Potassium: 149.85mg (4.28%), Copper: 0.07mg (3.66%), Phosphorus: 34.71mg (3.47%), Vitamin B1: 0.05mg (3.32%), Calcium: 31.72mg (3.17%), Magnesium: 11.71mg (2.93%), Vitamin B2: 0.03mg (1.78%), Selenium: 1.05µg (1.51%), Vitamin A: 72.57IU (1.45%), Vitamin B5: 0.14mg (1.4%), Vitamin B3: 0.28mg (1.4%), Zinc: 0.19mg (1.23%)