



Roasted Red Onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



100 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons olive oil
- ☐ 4 pounds onions red peeled halved
- ☐ 0.8 teaspoon salt

Equipment

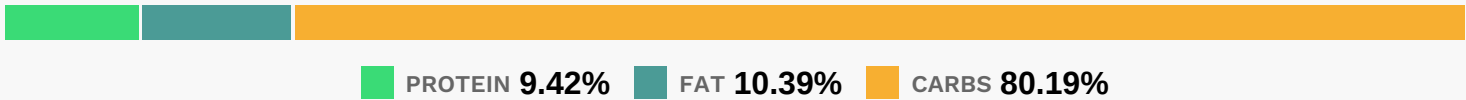
- ☐ bowl
- ☐ oven

- ☐ whisk
- ☐ baking pan
- ☐ broiler pan

Directions

- ☐ Preheat oven to 40
- ☐ Arrange onions, cut sides down, in a 13 x 9-inch baking pan or on a broiler pan coated with cooking spray.
- ☐ Combine oil and remaining ingredients in a small bowl; stir with a whisk.
- ☐ Drizzle onions with oil mixture.
- ☐ Bake at 400 for 1 1/2 hours or until very tender.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:4.74, Inflammation Score:-7, Nutrition Score:5.7160869516108%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 46.04mg, Quercetin: 46.04mg, Quercetin: 46.04mg, Quercetin: 46.04mg

Nutrients (% of daily need)

Calories: 100.27kcal (5.01%), Fat: 1.23g (1.89%), Saturated Fat: 0.23g (1.46%), Carbohydrates: 21.33g (7.11%), Net Carbohydrates: 17.46g (6.35%), Sugar: 9.71g (10.79%), Cholesterol: 0mg (0%), Sodium: 227.26mg (9.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5.01%), Vitamin C: 16.78mg (20.34%), Fiber: 3.87g (15.49%), Manganese: 0.3mg (15.1%), Vitamin B6: 0.27mg (13.62%), Folate: 43.1µg (10.78%), Potassium: 332.71mg (9.51%), Vitamin B1: 0.1mg (6.96%), Phosphorus: 65.99mg (6.6%), Magnesium: 22.87mg (5.72%), Calcium: 52.75mg (5.28%), Copper: 0.09mg (4.48%), Vitamin B2: 0.06mg (3.61%), Vitamin B5: 0.28mg (2.8%), Iron: 0.49mg (2.75%), Zinc: 0.39mg (2.58%), Selenium: 1.14µg (1.63%), Vitamin K: 1.61µg (1.53%), Vitamin B3: 0.26mg (1.32%), Vitamin E: 0.19mg (1.27%)