



Roasted Red Onions with Butter, Honey, and Balsamic Vinegar

 Vegetarian  Gluten Free

READY IN



54 min.

SERVINGS



6

CALORIES



223 kcal

SIDE DISH

Ingredients

- 3 tablespoons balsamic vinegar
- 6 tablespoons butter
- 0.5 bunch thyme sprigs fresh
- 0.5 cup honey
- 4 onion red halved
- 6 servings pepper black freshly ground

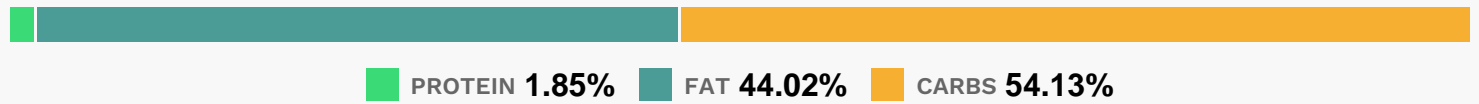
Equipment

- sauce pan
- oven
- baking pan

Directions

- Preheat the oven to 350 degrees F.
- Combine the butter, vinegar, honey, thyme, salt, and pepper in a small saucepan over medium heat. Bring to a simmer and cook for 1 minute to reduce slightly.
- Place the onions, cut sides up, in a single layer on a baking pan.
- Drizzle the butter-vinegar mixture over and roast until soft and slightly caramelized, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:42.71, Glycemic Load:14.36, Inflammation Score:-6, Nutrition Score:2.8386956440366%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 14.89mg, Quercetin: 14.89mg, Quercetin: 14.89mg, Quercetin: 14.89mg

Nutrients (% of daily need)

Calories: 223.22kcal (11.16%), Fat: 11.44g (17.59%), Saturated Fat: 7.23g (45.19%), Carbohydrates: 31.64g (10.55%), Net Carbohydrates: 30.27g (11.01%), Sugar: 27.51g (30.56%), Cholesterol: 30.1mg (10.03%), Sodium: 95.97mg (4.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.16%), Vitamin C: 6.1mg (7.4%), Vitamin A: 367.71IU (7.35%), Manganese: 0.15mg (7.31%), Fiber: 1.38g (5.5%), Vitamin B6: 0.1mg (4.83%), Potassium: 137.44mg (3.93%), Folate: 15.09µg (3.77%), Phosphorus: 27.79mg (2.78%), Calcium: 25.87mg (2.59%), Magnesium: 9.84mg (2.46%), Vitamin B1: 0.03mg (2.31%), Vitamin E: 0.34mg (2.27%), Iron: 0.4mg (2.23%), Copper: 0.04mg (2.2%), Vitamin B2: 0.04mg (2.18%), Zinc: 0.21mg (1.42%), Vitamin K: 1.44µg (1.37%), Vitamin B5: 0.13mg (1.28%), Selenium: 0.74µg (1.05%)