



Roasted Stuffed Red Onions



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



300 kcal

SIDE DISH

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 5 cups rice white cooked
- ☐ 2 bay leaves dried
- ☐ 1.5 teaspoons mint dried
- ☐ 1 cup wine dry white divided
- ☐ 0.5 cup optional: dill fresh finely chopped
- ☐ 4 garlic clove finely chopped
- ☐ 0.5 pound ground beef

- ☐ 1 tablespoon kosher salt plus more
- ☐ 4 tablespoons juice of lemon fresh divided
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 0.5 cup olive oil extra virgin extra-virgin divided
- ☐ 2 teaspoons oregano dried
- ☐ 8 medium onion red trimmed peeled

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ baking pan
- ☐ slotted spoon

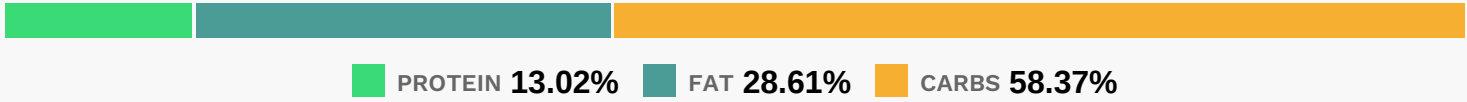
Directions

- ☐ Cook onions in a pot of boiling salted water until slightly softened, about 10 minutes. Using a slotted spoon, transfer to a large bowl; let cool slightly.
- ☐ Working with 1 onion at a time, make a lengthwise slit from top to bottom with a paring knife, cutting through 2–3 layers of onion, depending on thickness of layers. Gently remove inside layers, allowing outer 2–3 layers to hold their shape. Finely chop enough of the inside layers to measure 1 cup.
- ☐ Heat 1/4 cup oil in a large heavy skillet over medium heat.
- ☐ Add garlic and chopped onions; cook, stirring often, until soft, about 2 minutes.
- ☐ Add 1 tablespoon salt, beef, bay leaves, oregano, and mint; cook, breaking up meat with the back of a spoon, until meat is cooked through, 2–3 minutes. Stir in rice, 1/2 cup wine, and 2 tablespoons lemon juice; cook, stirring often, until liquid is absorbed, about 3 minutes.
- ☐ Add dill and zest; mix well. Season filling with salt and pepper.
- ☐ Preheat oven to 400°F. Spoon about 1/2 cup filling into each onion (it should be tightly packed).

- ☐
- Place onions in a 13x9x2" baking dish, stuffed side up; drizzle with 1/4 cup oil, 1/2 cup wine, and 2 tablespoons lemon juice.

☐☐

Nutrition Facts



Properties

Glycemic Index:29.13, Glycemic Load:32.46, Inflammation Score:-8, Nutrition Score:10.093478262424%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 6.79mg, Isorhamnetin: 6.79mg, Isorhamnetin: 6.79mg, Isorhamnetin: 6.79mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 24.02mg, Quercetin: 24.02mg, Quercetin: 24.02mg, Quercetin: 24.02mg

Nutrients (% of daily need)

Calories: 300.04kcal (15%), Fat: 8.85g (13.61%), Saturated Fat: 2.69g (16.8%), Carbohydrates: 40.61g (13.54%), Net Carbohydrates: 37.93g (13.79%), Sugar: 5.24g (5.82%), Cholesterol: 20.13mg (6.71%), Sodium: 900.6mg (39.16%), Alcohol: 3.09g (100%), Alcohol %: 1.32% (100%), Protein: 9.06g (18.12%), Manganese: 0.76mg (38.09%), Vitamin B6: 0.37mg (18.33%), Selenium: 12.49µg (17.84%), Vitamin C: 14.35mg (17.4%), Zinc: 1.96mg (13.07%), Phosphorus: 130.6mg (13.06%), Fiber: 2.68g (10.72%), Vitamin B12: 0.61µg (10.11%), Potassium: 338.6mg (9.67%), Vitamin B3: 1.85mg (9.24%), Iron: 1.6mg (8.86%), Magnesium: 35.29mg (8.82%), Folate: 33.87µg (8.47%), Copper: 0.15mg (7.32%), Vitamin B5: 0.71mg (7.15%), Calcium: 63.19mg (6.32%), Vitamin B2: 0.1mg (6.17%), Vitamin B1: 0.09mg (6.13%), Vitamin K: 5.99µg (5.71%), Vitamin A: 250.14IU (5%), Vitamin E: 0.67mg (4.48%)