



Roasted Sweet Onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



91 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 4 medium size onions sweet

Equipment

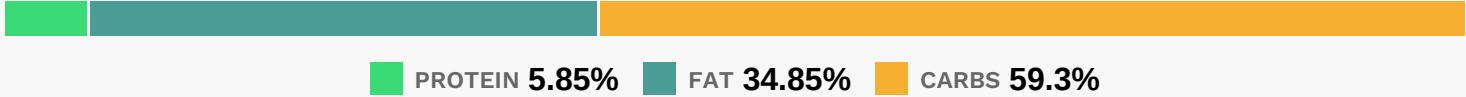
- ☐ frying pan

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Line a 13 -x 9-inch pan with aluminum foil, allowing several inches to extend over sides; coat pan with cooking spray. Peel and cut each onion into 8 wedges.
- ☐ Place onions in pan; drizzle evenly with olive oil.
- ☐ Sprinkle evenly with salt and thyme.
- ☐ Bake at 450 for 15 minutes; gather up edges of foil, and seal.
- ☐ Bake 15 more minutes.
- ☐ Let stand 10 minutes.
- ☐ Drizzle with balsamic vinegar, sprinkle with pepper, and toss.
- ☐ Note: The fat percentage appears to be high because olive oil, a healthy fat, provides most of the calories in the recipe. Onions have very few calories.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:0.69, Inflammation Score:-6, Nutrition Score:3.8817391538102%

Flavonoids

Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 24.03mg, Quercetin: 24.03mg, Quercetin: 24.03mg, Quercetin: 24.03mg

Nutrients (% of daily need)

Calories: 91.24kcal (4.56%), Fat: 3.64g (5.6%), Saturated Fat: 0.49g (3.03%), Carbohydrates: 13.93g (4.64%), Net Carbohydrates: 12.4g (4.51%), Sugar: 9.5g (10.56%), Cholesterol: 0mg (0%), Sodium: 305.87mg (13.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.75%), Vitamin B6: 0.22mg (10.78%), Vitamin C: 7.98mg (9.67%), Folate: 38.25µg (9.56%), Manganese: 0.15mg (7.49%), Fiber: 1.53g (6.11%), Potassium: 207.3mg (5.92%), Copper: 0.1mg (4.82%), Phosphorus: 46.42mg (4.64%), Vitamin B1: 0.07mg (4.55%), Magnesium: 16.1mg (4.03%), Calcium:

36.92mg (3.69%), Vitamin E: 0.54mg (3.62%), Vitamin K: 3.78µg (3.6%), Iron: 0.59mg (3.29%), Vitamin B2: 0.03mg (1.97%), Vitamin B5: 0.16mg (1.63%), Zinc: 0.23mg (1.51%), Selenium: 0.83µg (1.19%), Vitamin B3: 0.22mg (1.12%)