

Roasted Vidalia Onions

 **Gluten Free**

READY IN



20 min.

SERVINGS



2

CALORIES



212 kcal

SIDE DISH

Ingredients

- 2 cubes beef bouillon from cube
- 2 tablespoons butter
- 2 dashes paprika
- 2 dashes pepper
- 2 dashes salt
- 2 onion

Equipment

- oven

aluminum foil

Directions

Preheat oven to 400 degrees F (200 degrees C).

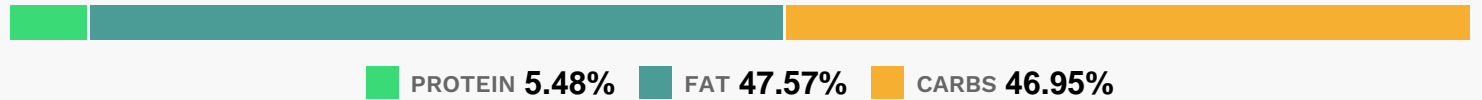
Peel and core onions, then slice halfway through.

Place onions on sections of aluminum foil large enough to wrap them completely.

Place a bouillon cube in the center of each onion; place pat of butter on top. Season with salt, pepper, and paprika. Wrap the onions in foil.

Roast in preheated oven for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:0.16, Inflammation Score:-9, Nutrition Score:8.8817391576974%

Flavonoids

Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg Myricetin: 3.77mg, Myricetin: 3.77mg, Myricetin: 3.77mg Quercetin: 48.06mg, Quercetin: 48.06mg, Quercetin: 48.06mg, Quercetin: 48.06mg

Nutrients (% of daily need)

Calories: 211.91kcal (10.6%), Fat: 11.79g (18.14%), Saturated Fat: 7.24g (45.22%), Carbohydrates: 26.18g (8.73%), Net Carbohydrates: 22.6g (8.22%), Sugar: 16.73g (18.59%), Cholesterol: 30.1mg (10.03%), Sodium: 519.84mg (22.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.12%), Vitamin B6: 0.46mg (22.77%), Manganese: 0.4mg (19.82%), Folate: 77.29µg (19.32%), Vitamin C: 15.9mg (19.27%), Vitamin A: 851.18IU (17.02%), Fiber: 3.58g (14.32%), Potassium: 435.58mg (12.45%), Copper: 0.21mg (10.3%), Phosphorus: 97.97mg (9.8%), Vitamin B1: 0.14mg (9.39%), Magnesium: 33.65mg (8.41%), Calcium: 76.76mg (7.68%), Iron: 1.18mg (6.57%), Vitamin B2: 0.09mg (5.05%), Vitamin E: 0.69mg (4.62%), Vitamin K: 4.41µg (4.2%), Vitamin B5: 0.38mg (3.8%), Zinc: 0.5mg (3.33%), Vitamin B3: 0.59mg (2.95%), Selenium: 1.94µg (2.77%)