



Roman-Style Sweet-and-Sour Onions

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



125 kcal

SIDE DISH

Ingredients

- 0.3 cup balsamic vinegar
- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon brown sugar
- 1 teaspoon thyme leaves fresh
- 0.3 cup orange juice
- 0.5 teaspoon salt
- 2 slices center-cut bacon coarsely chopped
- 2 tablespoons tomato paste

1.5 pounds onions white quartered

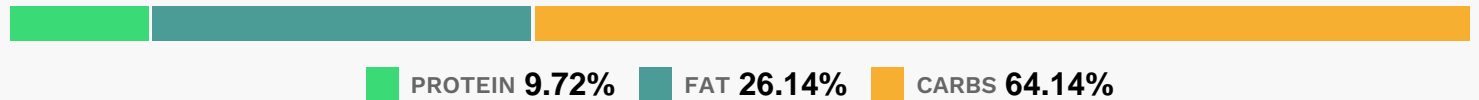
Equipment

frying pan

Directions

- Cook bacon in a large nonstick skillet over medium-high heat until crisp.
- Remove bacon from pan, reserving 1 teaspoon drippings in pan.
- Place pan over medium-high heat.
- Add onion; saut 18 minutes or until very tender and browned.
- Remove onion from pan; keep warm.
- Add orange juice and next 6 ingredients to pan; stir well. Bring to a boil over medium-high heat, and cook 1 minute. Return onion to pan; cook 1 minute or until thoroughly heated.
- Remove from heat; sprinkle with bacon.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:50.2, Glycemic Load:5.23, Inflammation Score:-7, Nutrition Score:5.7400000244379%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.98mg, Hesperetin: 1.98mg, Hesperetin: 1.98mg, Hesperetin: 1.98mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 6.82mg, Isorhamnetin: 6.82mg, Isorhamnetin: 6.82mg, Isorhamnetin: 6.82mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 27.67mg, Quercetin: 27.67mg, Quercetin: 27.67mg, Quercetin: 27.67mg

Nutrients (% of daily need)

Calories: 124.81kcal (6.24%), Fat: 3.7g (5.7%), Saturated Fat: 1.24g (7.76%), Carbohydrates: 20.44g (6.81%), Net Carbohydrates: 17.75g (6.45%), Sugar: 12.17g (13.53%), Cholesterol: 5.81mg (1.94%), Sodium: 350.63mg (15.24%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.2%), Vitamin C: 20.38mg (24.7%), Manganese: 0.24mg (11.83%), Fiber: 2.69g (10.76%), Vitamin B6: 0.21mg (10.49%), Potassium: 335.35mg (9.58%), Folate: 31.8µg (7.95%), Vitamin B1: 0.11mg (7.06%), Phosphorus: 63.36mg (6.34%), Magnesium: 21.73mg (5.43%), Copper: 0.1mg (4.78%), Calcium: 43.5mg (4.35%), Iron: 0.74mg (4.09%), Selenium: 2.84µg (4.06%), Vitamin B3: 0.79mg (3.93%), Vitamin B2: 0.06mg (3.57%), Vitamin A: 156.2IU (3.12%), Zinc: 0.4mg (2.69%), Vitamin B5: 0.26mg (2.63%), Vitamin E: 0.35mg (2.32%), Vitamin K: 1.45µg (1.38%)