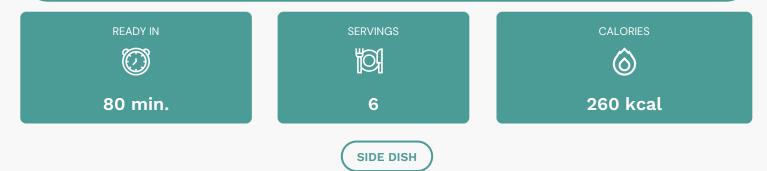


Sam Sifton's Creamed Onions



Ingredients

- 3 slices bacon thick cut into lardons
- 1 pinch ground pepper to taste
- 1.5 cups chicken broth
- 3 tablespoons flour all-purpose
- 6 servings parsley fresh chopped for serving
- 2 sprigs thyme sprigs fresh chopped fine
- 6 servings pepper black freshly ground to taste
- 1 cup cup heavy whipping cream light
 - 2 pounds pearl onions fresh

Equipment

- frying pansauce panknife
- whisk

Directions

	Fill a saucepan about halfway with water and set over high heat until it comes to a boil.

Add onions and cover, then turn off the heat and allow them to sit for 15 minutes, or until the skins are very soft.

Drain onions and rinse them in cold water until they are cool enough to handle. Using a small paring knife and your fingers, remove the skins.

In a large sauté pan set over medium heat, cook the bacon until it renders its fat and begins to turn crisp, approximately 5 minutes.

Remove bacon from pan and set aside.

Add flour to the pan and stir it into the fat to create a roux. Cook, stirring constantly, for 3 to 5 minutes, or until the roux begins to color.

Add the broth and whisk to combine.

Add the cream, the thyme and the cayenne, and salt and pepper to taste. Cook for a few minutes to thicken.

Add the onions to the pan, reduce heat to a low simmer and cook, covered, for 30 to 40 minutes, or until the onions are tender and the sauce is quite thick.

Garnish with the reserved bacon, another pinch of cayenne and — of course — chopped parsley.

Nutrition Facts

PROTEIN 7.62% 📕 FAT 64.09% 📒 CARBS 28.29%

Properties

Glycemic Index:40.5, Glycemic Load:5.26, Inflammation Score:-9, Nutrition Score:10.677391363227%

Flavonoids

Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 30.7mg, Quercetin: 30.7mg, Quercetin: 30.7mg

Nutrients (% of daily need)

Calories: 260.47kcal (13.02%), Fat: 19.04g (29.29%), Saturated Fat: 10.67g (66.7%), Carbohydrates: 18.92g (6.31%), Net Carbohydrates: 16.04g (5.83%), Sugar: 7.87g (8.74%), Cholesterol: 53.26mg (17.75%), Sodium: 309.91mg (13.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.09g (10.18%), Vitamin K: 67.66µg (64.44%), Vitamin C: 17.29mg (20.96%), Vitamin A: 951.65IU (19.03%), Manganese: 0.27mg (13.72%), Vitamin B6: 0.23mg (11.58%), Fiber: 2.88g (11.52%), Folate: 43.44µg (10.86%), Vitamin B2: 0.18mg (10.78%), Vitamin B1: 0.15mg (10.23%), Phosphorus: 91.97mg (9.2%), Potassium: 320.65mg (9.16%), Selenium: 5.67µg (8.11%), Calcium: 71.76mg (7.18%), Magnesium: 23.36mg (5.84%), Vitamin B3: 1.05mg (5.27%), Iron: 0.93mg (5.19%), Copper: 0.09mg (4.57%), Vitamin D: 0.68µg (4.52%), Zinc: 0.6mg (4%), Vitamin B5: 0.39mg (3.89%), Vitamin E: 0.5mg (3.36%), Vitamin B12: 0.13µg (2.17%)