



Sam Sifton's Creamed Onions

READY IN



80 min.

SERVINGS



6

CALORIES



260 kcal

SIDE DISH

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 heavy whipping cream light
- 2 pounds pearl onions fresh

Equipment

- frying pan
- sauce pan
- knife
- 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, Luteolin: 0.22mg Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 30.7mg, Quercetin: 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: 0g (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%)