



## Savory Grilled Onions

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



132 kcal

SIDE DISH

### Ingredients

- 0.5 cup butter
- 4 large onion
- 8 servings salt and pepper to taste

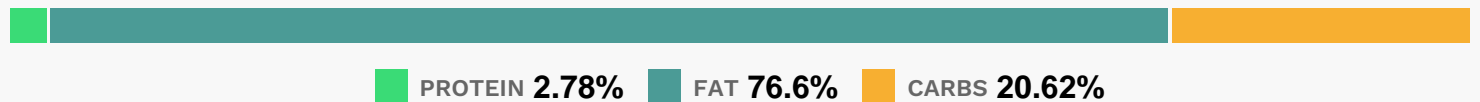
### Equipment

- grill
- aluminum foil

## Directions

- Preheat grill for high heat.
- Peel onions, and remove ends.
- Cut each onion into quarters.
- Place 2 quarters of onion in a 6 inch square piece of tin foil, inserting a slice of butter or margarine between the pieces. Season with salt and pepper to taste. Close foil around onion. Repeat with remaining onions.
- Set foil packets on lower rack of a gas grill, or directly on top of hot coals. Cook for about 30 to 35 minutes.

## Nutrition Facts



## Properties

Glycemic Index:9.63, Glycemic Load:1.55, Inflammation Score:-5, Nutrition Score:2.3960869545522%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg

## Nutrients (% of daily need)

Calories: 131.72kcal (6.59%), Fat: 11.58g (17.82%), Saturated Fat: 7.32g (45.77%), Carbohydrates: 7.01g (2.34%), Net Carbohydrates: 5.74g (2.09%), Sugar: 3.19g (3.54%), Cholesterol: 30.5mg (10.17%), Sodium: 288.02mg (12.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.89%), Vitamin A: 356.05IU (7.12%), Vitamin C: 5.55mg (6.73%), Fiber: 1.27g (5.1%), Manganese: 0.1mg (4.86%), Vitamin B6: 0.09mg (4.52%), Folate: 14.68µg (3.67%), Potassium: 112.94mg (3.23%), Phosphorus: 25.16mg (2.52%), Vitamin B1: 0.04mg (2.35%), Vitamin E: 0.34mg (2.29%), Calcium: 20.77mg (2.08%), Magnesium: 7.79mg (1.95%), Copper: 0.03mg (1.47%), Vitamin B2: 0.03mg (1.47%), Vitamin K: 1.29µg (1.23%), Vitamin B5: 0.11mg (1.08%)