



Sherry Vinegar-Glazed Pearl Onions



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



82 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup honey
- ☐ 2 pounds pearl onions peeled
- ☐ 0.8 cup red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 8 cups water

Equipment

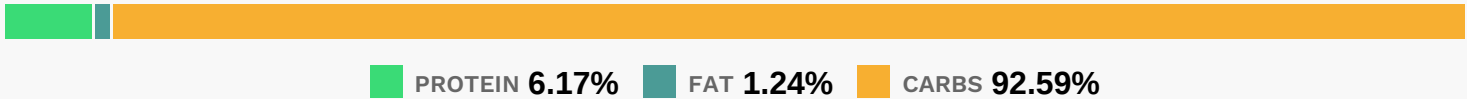
- ☐ sauce pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Bring the water to a boil in a large saucepan; add onions. Cook 3 minutes or until tender; drain.
- ☐ Place onions in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Combine vinegar, honey, salt, and pepper.
- ☐ Pour vinegar mixture over onions.
- ☐ Bake at 400 for 1 hour and 15 minutes or until golden brown, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:13.91, Glycemic Load:6.9, Inflammation Score:-5, Nutrition Score:3.1699999838096%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 23.02mg, Quercetin: 23.02mg, Quercetin: 23.02mg, Quercetin: 23.02mg

Nutrients (% of daily need)

Calories: 81.98kcal (4.1%), Fat: 0.12g (0.18%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 19.42g (6.47%), Net Carbohydrates: 17.46g (6.35%), Sugar: 13.51g (15.01%), Cholesterol: 0mg (0%), Sodium: 91.27mg (3.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.59%), Vitamin C: 8.56mg (10.37%), Manganese: 0.17mg (8.66%), Fiber: 1.96g (7.86%), Vitamin B6: 0.14mg (6.94%), Folate: 21.77µg (5.44%), Potassium: 180.65mg (5.16%), Copper: 0.09mg (4.45%), Magnesium: 14.92mg (3.73%), Calcium: 35.48mg (3.55%), Phosphorus: 35.2mg (3.52%), Vitamin B1: 0.05mg (3.48%), Iron: 0.39mg (2.17%), Vitamin B2: 0.03mg (2.04%), Zinc: 0.25mg (1.65%), Vitamin B5: 0.15mg (1.48%)