# Sweet-and-Sour Cipolline Onions

Vegetarian Vegan Gluten Free Dairy Free

| READY IN | SERVINGS | CALORIES |
| --- | --- | --- |
| 1560 min. | 8 | 205 kcal |

ANTIPASTI STARTER SNACK APPETIZER

## Ingredients

- [ ] 1 tablespoon balsamic vinegar
- [ ] 10 peppercorns whole black
- [ ] 1 cup cooking wine dry red
- [ ] 2 tablespoons olive oil extra-virgin
- [ ] 1 cup red-wine vinegar
- [ ] 1 teaspoon salt
- [ ] 1 cup sugar
- [ ] 1 turkish or

- [ ] 0.3 cup water
- [ ] 2 lb onions white boiling unpeeled ()

## Equipment

- [ ] bowl
- [ ] frying pan
- [ ] sauce pan
- [ ] pot
- [ ] slotted spoon
- [ ] colander
- [ ] pastry brush

## Directions

- [ ] Blanch onions in a large pot of boiling water 1 minute, then drain in a colander and transfer to a bowl of cold water to stop cooking.
- [ ] Drain and peel onions.
- [ ] Bring sugar and water to a boil in a 3-quart heavy saucepan over moderate heat, stirring until sugar is dissolved. Boil, without stirring, washing down any sugar crystals on side of pan with a pastry brush dipped in cold water, until syrup turns pale golden. Continue to cook caramel, gently swirling pan, until deep golden.
- [ ] Immediately remove from heat, then carefully add wine (caramel will steam vigorously and harden). Return pan to heat and simmer, stirring, until caramel is dissolved.
- [ ] Add onions, red-wine vinegar, oil, salt, peppercorns, and bay leaf and simmer, uncovered, stirring occasionally, until onions are tender, about 1 hour.
- [ ] Transfer onions to a bowl using a slotted spoon, then boil liquid until reduced to about 1 cup, 10 to 15 minutes. Stir in balsamic vinegar, then pour liquid over onions and cool to room temperature. Chill, covered, 1 to 3 days (for flavors to develop).
- [ ] Serve chilled or at room temperature.
- [ ] Onions keep, covered and chilled, 3 weeks.

## Nutrition Facts

PROTEIN **2.81%** FAT **17.93%** CARBS **79.26%**

## Properties

Glycemic Index:22.39, Glycemic Load:19.98, Inflammation Score:-5, Nutrition Score:3.3013043199544%

## Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 5.69mg, Isorhamnetin: 5.69mg, Isorhamnetin: 5.69mg, Isorhamnetin: 5.69mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 23.19mg, Quercetin: 23.19mg, Quercetin: 23.19mg, Quercetin: 23.19mg

## Nutrients (% of daily need)

Calories: 205.24kcal (10.26%), Fat: 3.7g (5.69%), Saturated Fat: 0.53g (3.33%), Carbohydrates: 36.78g (12.26%), Net Carbohydrates: 34.82g (12.66%), Sugar: 30.06g (33.4%), Cholesterol: 0mg (0%), Sodium: 298.79mg (12.99%), Alcohol: 3.15g (100%), Alcohol %: 1.88% (100%), Protein: 1.3g (2.61%), Vitamin C: 8.55mg (10.36%), Manganese: 0.18mg (9.07%), Fiber: 1.96g (7.85%), Vitamin B6: 0.14mg (6.83%), Folate: 21.59µg (5.4%), Potassium: 181.77mg (5.19%), Phosphorus: 35.87mg (3.59%), Vitamin E: 0.53mg (3.52%), Vitamin B1: 0.05mg (3.49%), Magnesium: 13.09mg (3.27%), Calcium: 29.76mg (2.98%), Vitamin K: 2.77µg (2.63%), Copper: 0.05mg (2.63%), Iron: 0.44mg (2.44%), Vitamin B2: 0.04mg (2.1%), Vitamin B5: 0.14mg (1.41%), Zinc: 0.21mg (1.4%), Selenium: 0.72µg (1.03%)