

**9%**
HEALTH SCORE

Sweet-and-Sour Onion Topping

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



259 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 6 servings accompaniment: crostini
- 0.3 cup golden raisins
- 0.5 tablespoon olive oil
- 10 oz pearl onions
- 0.3 cup red-wine vinegar
- 1 sprig rosemary leaves fresh (2-inch-long)
- 0.5 teaspoon salt

- 0.3 cup sugar
- 2 tablespoons tomato paste dissolved in 2 cups water

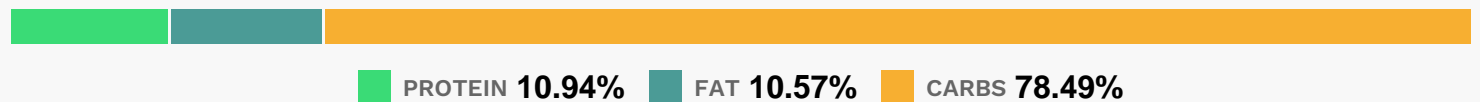
Equipment

- frying pan
- colander

Directions

- Blanch onions in boiling water 3 minutes, then drain in a colander and rinse under cold water. Peel onions.
- Heat oil in a 10-inch heavy skillet over moderate heat until hot but not smoking, then cook onions, shaking skillet frequently, until browned, about 4 minutes.
- Add remaining ingredients, stirring until sugar is dissolved, then simmer, uncovered, stirring occasionally, until onions are tender when pierced with a fork and most of liquid is evaporated, 40 to 45 minutes. Cool onions completely and discard rosemary sprig.

Nutrition Facts



Properties

Glycemic Index:50.42, Glycemic Load:31.73, Inflammation Score:-5, Nutrition Score:9.1369565207025%

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: 2.37mg, Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.78mg, Quercetin: 9.78mg, Quercetin: 9.78mg, Quercetin: 9.78mg

Nutrients (% of daily need)

Calories: 258.51kcal (12.93%), Fat: 3.05g (4.7%), Saturated Fat: 0.55g (3.43%), Carbohydrates: 51g (17%), Net Carbohydrates: 48.29g (17.56%), Sugar: 18.74g (20.82%), Cholesterol: 0mg (0%), Sodium: 635.49mg (27.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.11g (14.22%), Vitamin B1: 0.4mg (26.54%), Manganese: 0.42mg (20.83%), Folate: 78.37µg (19.59%), Selenium: 11.64µg (16.63%), Vitamin B3: 3.22mg (16.09%), Iron: 2.69mg (14.95%), Vitamin B2: 0.24mg (14.32%), Fiber: 2.71g (10.85%), Phosphorus: 89.4mg (8.94%), Calcium: 85.69mg (8.57%),

Vitamin B6: 0.16mg (8.05%), Potassium: 269.13mg (7.69%), Copper: 0.15mg (7.39%), Magnesium: 27.12mg (6.78%),
Vitamin C: 4.99mg (6.05%), Zinc: 0.65mg (4.35%), Vitamin E: 0.6mg (4.02%), Vitamin K: 3.84µg (3.65%), Vitamin
B5: 0.32mg (3.2%), Vitamin A: 83.22IU (1.66%)