



Sweet and Sour Onions



Vegetarian



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



156 kcal

SIDE DISH

Ingredients

- ☐ 1 pounds pearl onions boiling
- ☐ 4 servings salt
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 3 tablespoons citrus champagne vinegar
- ☐ 1 tablespoon honey

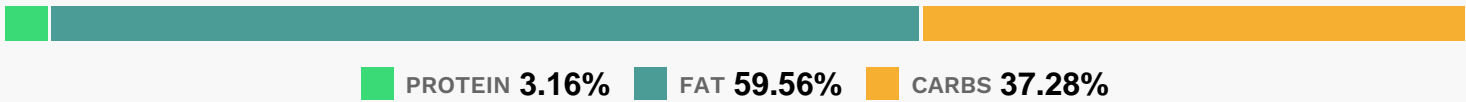
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Peel the onions: The hardest part about this recipe is peeling the onions. If you are using pearl or small cipollini onions, blanch them in boiling water for a minute or so and then plunge them into ice water to stop the cooking. Slice off the root and stem ends, and the papery skin should slip right off.
- ☐ If you are using the larger boiling onions, as we did here, just slice the stem end off the onion and peel as you would a normal onion.
- ☐ Boil the onions: Bring a pot of salty water to a boil, and boil your onions for 4–10 minutes, or until they are tender. Smaller onions will need less time. You want them al dente, not soft, because they will cook a bit more in the frying pan.
- ☐ Drain the onions well and set aside.
- ☐ Fry the onions: Get a frying pan hot over medium–high heat and add the olive oil.
- ☐ Let the olive oil get hot for a minute or two and add the onions. They will spit a little because they are full of moisture.
- ☐ Let them sizzle until you get some browning on a couple sides of the onion, about 4–5 minutes.
- ☐ Add honey and vinegar mixture to pan: Meanwhile, mix the honey and vinegar vigorously until the honey dissolves.
- ☐ Add it to the frying pan. It will spit and sizzle violently. Turn the onions to coat with the mixture and turn the heat down to medium.
- ☐ Sprinkle salt over everything.
- ☐ Let the vinegar–honey mixture boil down to a thick syrup. Turn the onions often to coat evenly.
- ☐ Serve hot or at room temperature, with a little sprinkling of a fancy salt like fleur de sel, if you have some.

Nutrition Facts



Properties

Glycemic Index:19.82, Glycemic Load:4.59, Inflammation Score:-5, Nutrition Score:3.6126086707024%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg 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

Nutrients (% of daily need)

Calories: 156.28kcal (7.81%), Fat: 10.61g (16.33%), Saturated Fat: 1.5g (9.35%), Carbohydrates: 14.95g (4.98%), Net Carbohydrates: 13.01g (4.73%), Sugar: 9.12g (10.13%), Cholesterol: 0mg (0%), Sodium: 199.65mg (8.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.54%), Vitamin C: 8.47mg (10.27%), Vitamin E: 1.53mg (10.23%), Manganese: 0.16mg (7.81%), Fiber: 1.94g (7.75%), Vitamin B6: 0.14mg (6.87%), Vitamin K: 6.77µg (6.45%), Folate: 21.65µg (5.41%), Potassium: 172.82mg (4.94%), Vitamin B1: 0.05mg (3.48%), Phosphorus: 34mg (3.4%), Magnesium: 11.9mg (2.97%), Calcium: 27.3mg (2.73%), Copper: 0.05mg (2.37%), Iron: 0.37mg (2.06%), Vitamin B2: 0.03mg (1.92%), Vitamin B5: 0.14mg (1.43%), Zinc: 0.21mg (1.39%)