



Sweet-and-Sour Red Onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



93 kcal

SIDE DISH

Ingredients

- ☐ 4 cups onion red vertically sliced (2 large)
- ☐ 2 cups red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar

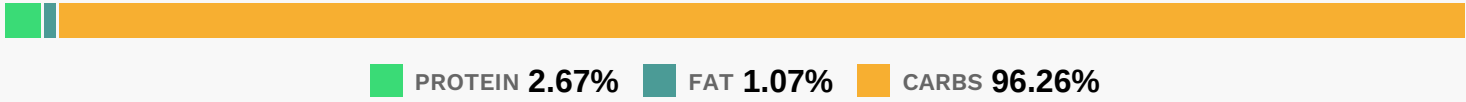
Equipment

- ☐ sauce pan

Directions

- ☐ Combine vinegar, sugar, and salt in a small saucepan; cook over medium-high heat until sugar dissolves, stirring frequently.
- ☐ Pour vinegar mixture over onion; let stand 1 hour, stirring occasionally. Chill.
- ☐ Drain before serving.

Nutrition Facts



Properties

Glycemic Index:8.09, Glycemic Load:12.74, Inflammation Score:-2, Nutrition Score:1.5078261045982%

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: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg

Nutrients (% of daily need)

Calories: 93.07kcal (4.65%), Fat: 0.11g (0.16%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 21.69g (7.23%), Net Carbohydrates: 20.78g (7.56%), Sugar: 18.89g (20.99%), Cholesterol: 0mg (0%), Sodium: 53.93mg (2.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.21%), Vitamin C: 4.15mg (5.03%), Manganese: 0.09mg (4.4%), Fiber: 0.91g (3.63%), Vitamin B6: 0.06mg (3.2%), Potassium: 93.75mg (2.68%), Folate: 10.13µg (2.53%), Phosphorus: 18.65mg (1.87%), Magnesium: 6.93mg (1.73%), Iron: 0.3mg (1.67%), Vitamin B1: 0.02mg (1.64%), Calcium: 14.85mg (1.49%), Copper: 0.03mg (1.3%), Vitamin B2: 0.02mg (1.03%)