



Tangy Onion Flowers



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



103 kcal

SIDE DISH

Ingredients

- ☐ 4 medium onion (each 4 to 5 ounces)
- ☐ 1 serving vegetable oil
- ☐ 0.3 cup apple cider vinegar
- ☐ 1 tablespoon oregano dried fresh chopped
- ☐ 1 tablespoon brown sugar packed
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup croutons crushed

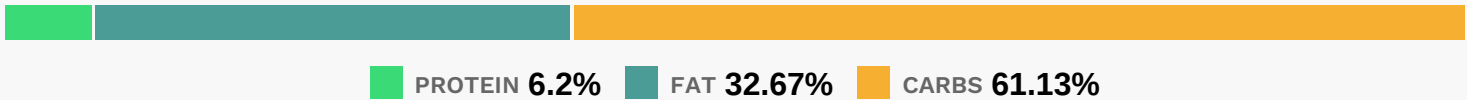
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat coals or gas grill for direct heat. Peel onions; cut 1/2-inch slice from top of each onion and leave root end.
- ☐ Cut each onion from top into 8 wedges to within 1/2 inch of root end. Gently pull wedges apart.
- ☐ Brush four 12-inch squares of heavy-duty aluminum foil with vegetable oil.
- ☐ Place 1 onion on each square; loosely shape foil around onion.
- ☐ Sprinkle onions with vinegar, oregano, brown sugar, salt and pepper. Wrap foil securely around onions.
- ☐ Cover and grill onions 4 inches from medium heat 50 to 60 minutes or until very tender. To serve, sprinkle croutons over onions.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:3.59, Inflammation Score:-8, Nutrition Score:4.6456521218238%

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: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg

Nutrients (% of daily need)

Calories: 103.28kcal (5.16%), Fat: 3.83g (5.9%), Saturated Fat: 0.64g (3.99%), Carbohydrates: 16.13g (5.38%), Net Carbohydrates: 13.57g (4.94%), Sugar: 7.69g (8.54%), Cholesterol: 0mg (0%), Sodium: 169.12mg (7.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.27%), Vitamin K: 14.85µg (14.15%), Manganese: 0.27mg (13.61%),

Fiber: 2.56g (10.24%), Vitamin C: 8.17mg (9.9%), Vitamin B6: 0.15mg (7.36%), Folate: 27.21µg (6.8%), Potassium: 196.04mg (5.6%), Calcium: 51.34mg (5.13%), Iron: 0.86mg (4.77%), Vitamin B1: 0.07mg (4.57%), Magnesium: 16.38mg (4.1%), Phosphorus: 38.14mg (3.81%), Vitamin E: 0.54mg (3.59%), Copper: 0.06mg (2.96%), Vitamin B2: 0.04mg (2.55%), Selenium: 1.6µg (2.29%), Zinc: 0.25mg (1.68%), Vitamin B5: 0.16mg (1.63%), Vitamin B3: 0.33mg (1.63%)