

# These Easy Caramelized Shallots Will Upgrade Everything From Roast Meat to Sandwiches

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 10 large shallots
- 1 teaspoon olive oil
- 1 teaspoon butter unsalted
- 1 teaspoon sugar
- 1 serving salt and pepper freshly ground

## Equipment

## Directions

- What are shallots good for in cooking?
- Shallots are good for many things. Similar to onions, they can be used as an aromatic, sautéed at the beginning of a dish to build flavor for a dish or sauce. They can also be roasted whole and served as a side dish.
- Do shallots get sweeter when cooked?
- Yes, shallots do get sweeter when cooked. When raw, shallots have a bite but they get sweeter when cooked, especially if they are caramelized.

## Nutrition Facts



**PROTEIN 8.86%** **FAT 26.36%** **CARBS 64.78%**

## Properties

Glycemic Index:25.02, Glycemic Load:3.25, Inflammation Score:0, Nutrition Score:3.193913028616%

## Nutrients (% of daily need)

Calories: 66.65kcal (3.33%), Fat: 2.08g (3.2%), Saturated Fat: 0.79g (4.94%), Carbohydrates: 11.5g (3.83%), Net Carbohydrates: 9.5g (3.45%), Sugar: 5.92g (6.57%), Cholesterol: 2.69mg (0.9%), Sodium: 56.12mg (2.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.15%), Vitamin B6: 0.22mg (10.78%), Manganese: 0.18mg (9.14%), Fiber: 2g (8%), Vitamin C: 5mg (6.06%), Potassium: 209.09mg (5.97%), Folate: 21.29µg (5.32%), Iron: 0.76mg (4.2%), Phosphorus: 37.8mg (3.78%), Magnesium: 13.15mg (3.29%), Copper: 0.06mg (2.77%), Vitamin B1: 0.04mg (2.5%), Calcium: 23.48mg (2.35%), Vitamin B5: 0.18mg (1.83%), Zinc: 0.25mg (1.68%), Vitamin E: 0.2mg (1.32%), Vitamin K: 1.19µg (1.13%), Selenium: 0.77µg (1.1%)