



WHATSheATE



Thyme-Roasted Apples and Onions



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



199 kcal

SIDE DISH

Ingredients

- ☐ 4 cups apple cider
- ☐ 6 braeburn apples cored peeled halved cut into 4 wedges ()
- ☐ 1 teaspoon coarse kosher salt plus additional for sprinkling
- ☐ 6 teaspoons thyme leaves fresh divided coarsely chopped
- ☐ 42 ounce onions halved cut into 6 wedges
- ☐ 5 tablespoons butter unsalted

Equipment

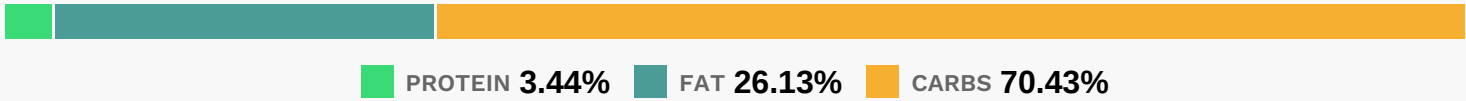
- ☐ bowl

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Boil cider in large saucepan until reduced to 2/3 cup, about 28 minutes.
- ☐ Whisk in butter. Season glaze with 1 teaspoon coarse salt. DO AHEAD: Can be made 1 week ahead. Cover; chill. Rewarm; whisk before using.
- ☐ Position 1 rack in top third and 1 rack in bottom third of oven; preheat to 425°F. Butter 2 large rimmed baking sheets. Toss onions in large bowl with 2 teaspoons thyme and 3 tablespoons glaze. Arrange in single layer on 1 sheet. Toss apples in same bowl with 2 teaspoons thyme and 3 tablespoons glaze. Arrange in single layer on second sheet.
- ☐ Sprinkle onions and apples with coarse salt and pepper.
- ☐ Roast onions on upper oven rack 10 minutes.
- ☐ Place apples on bottom rack. Roast onions and apples 20 minutes.
- ☐ Remove both sheets from oven.
- ☐ Drizzle remaining glaze evenly over onions and apples. Reverse position of sheets. Roast 20 minutes longer.
- ☐ Increase oven temperature to 475°F. Roast onions and apples until tender and slightly caramelized, watching closely to prevent burning, about 10 minutes longer.
- ☐ Transfer onions and apples to large bowl. Season with coarse salt and pepper.
- ☐ Sprinkle with remaining 2 teaspoons thyme.

Nutrition Facts



Properties

Glycemic Index:14.48, Glycemic Load:10.77, Inflammation Score:-9, Nutrition Score:6.0495651966852%

Flavonoids

Cyanidin: 1.73mg, Cyanidin: 1.73mg, Cyanidin: 1.73mg, Cyanidin: 1.73mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.6mg, Catechin: 2.6mg, Catechin: 2.6mg, Catechin: 2.6mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 12.67mg, Epicatechin: 12.67mg, Epicatechin: 12.67mg, Epicatechin: 12.67mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 5.97mg, Isorhamnetin: 5.97mg, Isorhamnetin: 5.97mg, Isorhamnetin: 5.97mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 29.1mg, Quercetin: 29.1mg, Quercetin: 29.1mg, Quercetin: 29.1mg

Nutrients (% of daily need)

Calories: 199.24kcal (9.96%), Fat: 6.13g (9.42%), Saturated Fat: 3.7g (23.14%), Carbohydrates: 37.16g (12.39%), Net Carbohydrates: 32.15g (11.69%), Sugar: 25.49g (28.32%), Cholesterol: 15.05mg (5.02%), Sodium: 243.06mg (10.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.63%), Vitamin C: 16.6mg (20.13%), Fiber: 5g (20.01%), Manganese: 0.28mg (14.16%), Potassium: 395.06mg (11.29%), Vitamin B6: 0.21mg (10.45%), Folate: 26.65µg (6.66%), Vitamin B1: 0.09mg (6.27%), Magnesium: 24.15mg (6.04%), Vitamin A: 294.24IU (5.88%), Phosphorus: 56.1mg (5.61%), Vitamin B2: 0.08mg (4.98%), Calcium: 48.17mg (4.82%), Copper: 0.1mg (4.76%), Iron: 0.71mg (3.93%), Vitamin K: 3.37µg (3.21%), Vitamin B5: 0.27mg (2.72%), Vitamin E: 0.39mg (2.61%), Zinc: 0.29mg (1.96%), Vitamin B3: 0.33mg (1.66%), Selenium: 0.76µg (1.09%)