

Vidalia Heaven

 Gluten Free

READY IN



64 min.

SERVINGS



4

CALORIES



207 kcal

SIDE DISH

Ingredients

- ☐ 4 cubes beef bouillon from cube
- ☐ 4 tablespoons butter
- ☐ 4 vidalia onions

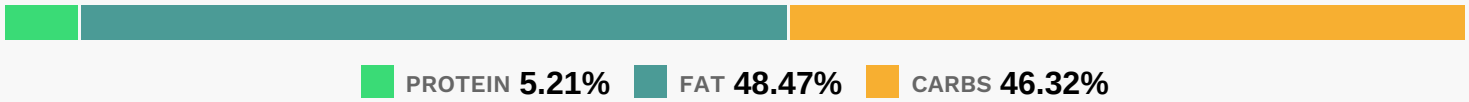
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat an outdoor grill for medium heat, and lightly oil grate.
- ☐ Peel each onion, and core out the center. Drop a beef bouillon in the core of each onion, and cover the bouillon with 1 tablespoon of butter. Wrap tightly with aluminum foil.
- ☐ Cook on grill for 30 to 60 minutes, or to desired doneness. Be careful not to puncture the aluminum foil, or the juices will drip out, and the onion will burn.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:7.4134782630464%

Flavonoids

Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg Myricetin: 3.77mg, Myricetin: 3.77mg, Myricetin: 3.77mg Quercetin: 48.06mg, Quercetin: 48.06mg, Quercetin: 48.06mg, Quercetin: 48.06mg

Nutrients (% of daily need)

Calories: 206.58kcal (10.33%), Fat: 11.63g (17.89%), Saturated Fat: 7.2g (45%), Carbohydrates: 25g (8.33%), Net Carbohydrates: 22.02g (8.01%), Sugar: 16.62g (18.47%), Cholesterol: 30.1mg (10.03%), Sodium: 131.38mg (5.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.63%), Vitamin B6: 0.43mg (21.56%), Vitamin C: 15.89mg (19.26%), Folate: 76.63µg (19.16%), Manganese: 0.25mg (12.6%), Fiber: 2.98g (11.92%), Potassium: 399.41mg (11.41%), Phosphorus: 93.25mg (9.32%), Copper: 0.19mg (9.27%), Vitamin B1: 0.14mg (9.1%), Magnesium: 30.15mg (7.54%), Vitamin A: 353.17IU (7.06%), Calcium: 69.8mg (6.98%), Iron: 0.87mg (4.83%), Vitamin B2: 0.07mg (4.22%), Vitamin B5: 0.34mg (3.41%), Zinc: 0.44mg (2.95%), Vitamin E: 0.39mg (2.61%), Selenium: 1.82µg (2.6%), Vitamin B3: 0.48mg (2.39%), Vitamin K: 1.97µg (1.88%)