

# Braised & Creamy Vidalia Onions

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## Servings: 6

2 tablespoons butter  
3 tablespoons honey  
10 cups (about 5) sliced Vidalia or  
other sweet onions  
1/4 cup chicken broth  
1/2 teaspoon salt  
1/8 teaspoon white pepper  
1/8 teaspoon ground mace  
1/2 cup heavy whipping cream

## Preparation Time: 10 minutes

## Cook Time: 40 minutes

In a Dutch oven, melt the butter over medium heat. Stir in the honey. Add the onions, broth and seasonings. Bring to a boil. Reduce the heat and simmer, covered, for 15 to 18 minutes or until the onions are tender.

Cook, uncovered, over medium-high heat for 15 to 20 minutes or until the liquid is almost evaporated, stirring occasionally.

Stir in the cream. Cook for 3 to 5 minutes or until the sauce thickens.

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Per Serving (excluding unknown items): 136 Calories; 11g Fat (71.5% calories from fat); 1g Protein; 9g Carbohydrate; trace Dietary Fiber; 38mg Cholesterol; 256mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 2 Fat; 1/2 Other Carbohydrates.

## Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	136
% Calories from Fat:	71.5%
% Calories from Carbohydrates:	26.5%
% Calories from Protein:	1.9%
Total Fat (g):	11g
Saturated Fat (g):	7g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	38mg
Carbohydrate (g):	9g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	1mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Dietary Fiber (g): trace  
 Protein (g): 1g  
 Sodium (mg): 256mg  
 Potassium (mg): 30mg  
 Calcium (mg): 16mg  
 Iron (mg): trace  
 Zinc (mg): trace  
 Vitamin C (mg): trace  
 Vitamin A (i.u.): 436IU  
 Vitamin A (r.e.): 119 1/2RE

Grain (Starch): 0  
 Lean Meat: 0  
 Vegetable: 0  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 2  
 Other Carbohydrates: 1/2

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

Calories 136      Calories from Fat: 98

### % Daily Values\*

<b>Total Fat</b>	11g	17%
Saturated Fat	7g	35%
<b>Cholesterol</b>	38mg	13%
<b>Sodium</b>	256mg	11%
<b>Total Carbohydrates</b>	9g	3%
Dietary Fiber	trace	0%
<b>Protein</b>	1g	

<b>Vitamin A</b>	9%
<b>Vitamin C</b>	0%
<b>Calcium</b>	2%
<b>Iron</b>	1%

\* Percent Daily Values are based on a 2000 calorie diet.