

Grilled Onions

Grill the onions at the same time you grill lean steaks or chicken. You may brush the sauce on the meat, if desired.

1/3 cup	coarse grain Dijon mustard
1 tablespoon	chopped parsley
1 1/2 tablespoons	honey
1 tablespoon	cider vinegar
1/4 teaspoon	Tabasco sauce
1/8 teaspoon	coarse ground black pepper
1 large	red onion, cut into 1/2-inch slices

Combine mustard, parsley, honey, vinegar, pepper sauce and pepper to make glaze. Place onions on grid over Medium coals; brush with glaze. Grill 6 to 8 minutes per side, turning once and brushing with glaze.

Servings: 4

Preparation time: 5 minutes

Cooking time: 12 minutes

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	50.31
Calories From Fat (15%)	7.47
% Daily Value	
Total Fat 0.93g	1%
Saturated Fat 0.05g	0%
Cholesterol 0.00mg	0%
Sodium 251.49mg	10%
Potassium 40.08mg	1%
Carbohydrates 10.45g	3%
Dietary Fiber 1.08g	4%
Sugar 6.48g	
Sugar Alcohols 0.00g	
Net Carbohydrates 9.37g	
Protein 1.30g	3%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
1/3 cup coarse grain Dijon mustard	0.33 x 1 cup of Mustard, Dijon
1 tablespoon chopped parsley	1 x 1 tablespoon of Parsley, raw
1 1/2 tablespoons honey	1.50 x 1 tablespoon of Honey, strained or extracted
1 tablespoon cider vinegar	1 x 1 tablespoon of Vinegar, cider
1/4 teaspoon Tabasco sauce	0.25 x 1 teaspoon of Sauce, ready-to-serve, pepper, TABASCO
1/8 teaspoon coarse ground black pepper	0.13 x 1 teaspoon of Spices, pepper, black
1 large red onion, cut into 1/2-inch slices	1 x 1 medium onion of Onions, red

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