



a : italian red torpedo onion gratin with fresh herbs

READY IN



50 min.

SERVINGS



8

CALORIES



442 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.3 cup flat-leaf parsley fresh italian minced ()
- ☐ 2 tbsp thyme leaves fresh minced ()
- ☐ 2 cups heavy cream (not ultrapasteurized)
- ☐ 3.5 pounds onions italian peeled sliced into 1/4-inch rounds)
- ☐ 0.5 cup parmesan cheese grated ()
- ☐ 8 servings unrefined sea salt to taste
- ☐ 2 cups crumbs from a day-old loaf of grain sourdough bread whole

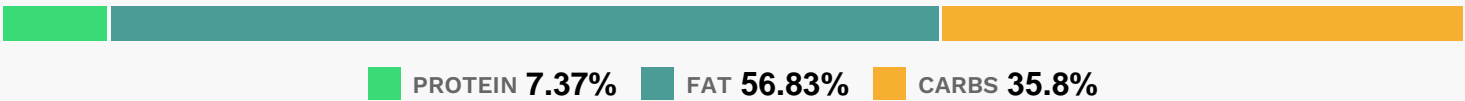
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Melt the butter in a cast iron skillet over a medium flame until it begins to foam, toss the sliced onions into the hot fat and fry them, stirring frequently, until they release their fragrance and become tender and translucent.Preheat the oven to 425 degrees Fahrenheit.While the oven preheats, reduce the heat to medium-low, pour two cups cream into the skillet over the onions and simmer them together until cream thickens and is reduced by half, about fifteen minutes.In a separate bowl, stir two cups whole grain sourdough bread crumbs with two tablespoons minced fresh thyme and one-quarter cup minced Italian flat-leaf parsley. Season the mixture of breadcrumbs and herbs with unrefined sea salt as it suits you.
- ☐ Remove the onions and cream from the heat. Top them with seasoned breadcrumbs and one-half cup grated pecorino romano cheese.
- ☐ Place the onion gratin in an oven preheated to 425 degrees Fahrenheit and bake for twenty to twenty-five minutes or until the season breadcrumbs and cheese form a nice golden crust and the cream begins to bubble.All the onion gratin to rest for about five minutes before serving.

Nutrition Facts



Properties

Glycemic Index:22.63, Glycemic Load:4.26, Inflammation Score:-10, Nutrition Score:11.935652147169%

Flavonoids

Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Isorhamnetin: 9.94mg, Isorhamnetin: 9.94mg, Isorhamnetin: 9.94mg, Isorhamnetin: 9.94mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 40.29mg, Quercetin: 40.29mg, Quercetin: 40.29mg, Quercetin: 40.29mg

40.29mg, Quercetin: 40.29mg

Nutrients (% of daily need)

Calories: 441.52kcal (22.08%), Fat: 30.06g (46.24%), Saturated Fat: 18.49g (115.59%), Carbohydrates: 42.6g (14.2%), Net Carbohydrates: 36.22g (13.17%), Sugar: 11.12g (12.35%), Cholesterol: 88.99mg (29.66%), Sodium: 483.61mg (21.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.77g (17.54%), Vitamin K: 34.08µg (32.46%), Vitamin C: 25.74mg (31.2%), Vitamin A: 1322.92IU (26.46%), Fiber: 6.38g (25.51%), Calcium: 162.91mg (16.29%), Iron: 2.84mg (15.77%), Manganese: 0.29mg (14.57%), Phosphorus: 144.2mg (14.42%), Vitamin B6: 0.27mg (13.61%), Vitamin B2: 0.2mg (11.83%), Folate: 44.37µg (11.09%), Potassium: 374.42mg (10.7%), Magnesium: 30.46mg (7.61%), Vitamin B1: 0.11mg (7.22%), Vitamin D: 0.98µg (6.56%), Selenium: 3.76µg (5.37%), Vitamin E: 0.78mg (5.2%), Copper: 0.1mg (4.92%), Zinc: 0.7mg (4.67%), Vitamin B5: 0.44mg (4.45%), Vitamin B12: 0.18µg (2.95%), Vitamin B3: 0.33mg (1.66%)