



Baked Stuffed Onion



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



120 kcal

SIDE DISH

Ingredients

- ☐ 1 head garlic
- ☐ 8 medium onion yellow unpeeled
- ☐ 1 cup basil fresh loosely packed
- ☐ 0.5 cup parsley fresh loosely packed
- ☐ 2.5 teaspoons salt
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 3 yukon gold potatoes
- ☐ 10 ounces chanterelles such as chanterelle, shiitake, or oyster, cleaned and sliced into ¼-inch-thick strips assorted

- ☐ 0.3 cup wine dry white
- ☐ 1 serving pam original flavor shopping list

Equipment

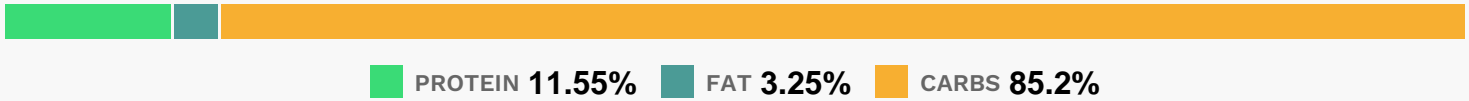
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ colander
- ☐ potato ricer

Directions

- ☐ Heat oven to 450 degrees. Wrap garlic in aluminum foil, and cook until soft, about 45 minutes. Set aside until cool enough to handle.
- ☐ Cut off the top of garlic head, and squeeze flesh into a small bowl; set aside.
- ☐ Cut off top quarter from each onion, and wrap each onion in aluminum foil. Cook onions until soft, about 1 1/2 hours.
- ☐ Remove onions from oven, unwrap, and let cool 15 minutes. Peel, and discard skins. Working from the center of each onion, pull out all but two outer layers, leaving a shell.
- ☐ Place shells in a small baking dish. Measure 3 cups of onion flesh.
- ☐ Place half of the onion flesh in the bowl of a food processor.
- ☐ Add basil, parsley, reserved garlic flesh, 1 teaspoon salt, and 1/8 teaspoon pepper. Puree, and set aside.
- ☐ Bring a large saucepan of water to a boil. Peel potatoes, and cut into 2-inch cubes. Cook potatoes until fork tender, about 20 minutes; drain in a colander.

- ☐ Pass potatoes through a ricer set over a large bowl. Slowly whisk in pureed onion mixture. Set potato filling aside.
- ☐ Coat a small saute pan with cooking spray, and set over medium heat.
- ☐ Add one variety of mushroom. Season with remaining 1 1/2 teaspoons salt and 1/8 teaspoon pepper; cover. Cook, stirring occasionally, until tender and slightly golden.
- ☐ Transfer mushrooms to a bowl. Repeat cooking process with remaining mushrooms. Roughly chop remaining onion flesh; stir into mushroom filling.
- ☐ Stuff onion shells with alternating spoonfuls of potato and mushroom fillings. Spray with cooking spray.
- ☐ Add wine to baking dish.
- ☐ Bake stuffed onions until they are soft and golden, about 30 minutes.
- ☐ Let onions cool slightly, and serve warm.

Nutrition Facts



Properties

Glycemic Index:36.22, Glycemic Load:10.84, Inflammation Score:-7, Nutrition Score:13.601304367833%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 22.85mg, Quercetin: 22.85mg, Quercetin: 22.85mg, Quercetin: 22.85mg

Nutrients (% of daily need)

Calories: 120.21kcal (6.01%), Fat: 0.43g (0.67%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 25.56g (8.52%), Net Carbohydrates: 20.67g (7.52%), Sugar: 5.72g (6.36%), Cholesterol: 0mg (0%), Sodium: 741.34mg (32.23%), Alcohol: 0.77g (100%), Alcohol %: 0.43% (100%), Protein: 3.47g (6.93%), Vitamin K: 75.79µg (72.18%), Vitamin C: 27.32mg (33.11%), Manganese: 0.46mg (22.92%), Vitamin B6: 0.39mg (19.55%), Fiber: 4.88g (19.52%), Potassium: 658.26mg (18.81%), Copper: 0.27mg (13.31%), Iron: 2.38mg (13.21%), Vitamin D: 1.88µg (12.52%), Vitamin B3: 2.36mg (11.78%), Folate: 39.74µg (9.93%), Phosphorus: 99.1mg (9.91%), Vitamin A: 478.28IU (9.57%), Magnesium: 35.81mg (8.95%),

Vitamin B2: 0.14mg (8.08%), Vitamin B1: 0.12mg (7.91%), Vitamin B5: 0.75mg (7.51%), Calcium: 56.49mg (5.65%),
Zinc: 0.74mg (4.93%), Selenium: 2.04µg (2.92%)