



Baked Vidalia Onions In Sherried Cream Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



444 kcal

SAUCE

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups half-and-half
- ☐ 5 ounce mushrooms drained sliced
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup pimientos chopped
- ☐ 1 teaspoon salt
- ☐ 6 ounces sharp cheddar cheese shredded
- ☐ 0.7 cup cooking sherry

☐ 6 large vidalia onions peeled sliced

Equipment

☐ sauce pan

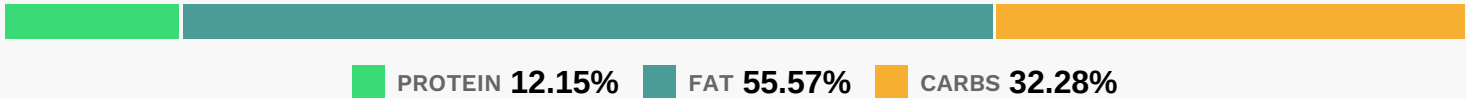
☐ oven

☐ baking pan

Directions

- ☐ Place onions in a 12- x 8- x 2- inch baking dish, and set aside.
- ☐ Melt butter in a heavy saucepan over low heat; add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add half-and-half; cook over medium heat, stirring constantly, until thickened and bubbly. Stir in sherry, mushrooms, pimiento, salt, and pepper; pour sauce over onions.
- ☐ Bake, uncovered, at 350 for 25 minutes.
- ☐ Sprinkle cheese over top of sauce; bake an additional 5 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:37.67, Glycemic Load:3.49, Inflammation Score:-9, Nutrition Score:16.524782709453%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 3.78mg, Kaempferol: 3.78mg, Kaempferol: 3.78mg, Kaempferol: 3.78mg Myricetin: 3.78mg, Myricetin: 3.78mg, Myricetin: 3.78mg, Myricetin: 3.78mg Quercetin: 48.07mg, Quercetin: 48.07mg, Quercetin: 48.07mg, Quercetin: 48.07mg

Nutrients (% of daily need)

Calories: 443.74kcal (22.19%), Fat: 26.96g (41.47%), Saturated Fat: 12.72g (79.49%), Carbohydrates: 35.23g (11.74%), Net Carbohydrates: 31.67g (11.51%), Sugar: 21.05g (23.38%), Cholesterol: 56.58mg (18.86%), Sodium: 741.86mg (32.25%), Alcohol: 2.75g (100%), Alcohol %: 0.68% (100%), Protein: 13.27g (26.53%), Calcium: 360.84mg (36.08%), Phosphorus: 330.57mg (33.06%), Vitamin C: 25.45mg (30.85%), Vitamin B2: 0.48mg (28.35%), Vitamin B6: 0.55mg (27.63%), Folate: 98.99µg (24.75%), Selenium: 16.27µg (23.24%), Vitamin A: 1124.11IU (22.48%), Potassium: 642.43mg (18.36%), Manganese: 0.35mg (17.6%), Vitamin B1: 0.23mg (15.48%), Copper: 0.29mg (14.59%), Fiber: 3.56g (14.24%), Zinc: 2mg (13.31%), Magnesium: 52.45mg (13.11%), Vitamin B5: 1.07mg (10.73%), Vitamin B3: 1.8mg (8.98%), Iron: 1.55mg (8.63%), Vitamin B12: 0.47µg (7.88%), Vitamin E: 0.85mg (5.65%), Vitamin K: 3.8µg (3.62%), Vitamin D: 0.22µg (1.45%)