



Blue Cheese and Caramelized-Onion Squares

 Vegetarian

READY IN



45 min.

SERVINGS



42

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups flour
- 2 teaspoons double-acting baking powder
- 6 ounces cheese blue crumbled
- 1 tablespoon rosemary leaves fresh finely chopped
- 2 tablespoons olive oil
- 2 pounds onion halved thinly sliced
- 0.5 teaspoon salt
- 1 teaspoon sugar

2 tablespoons butter unsalted ()

0.8 cup milk whole

Equipment

bowl

frying pan

baking sheet

oven

whisk

measuring cup

Directions

Preheat oven to 425°F.

Mix flour, baking powder, and salt in medium bowl to blend. Make well in center of dry ingredients.

Whisk milk, olive oil, and melted butter in liquid measuring cup to blend. Slowly pour milk mixture into well in dry ingredients, stirring until just blended and smooth.

Roll out dough on lightly floured surface to 10x13-inch rectangle.

Transfer dough to rimmed baking sheet. Re-form dough into 10x13-inch rectangle (dough will shrink when moved). Pierce dough all over with fork.

Let dough rest while preparing topping.

Melt butter with oil in large skillet over high heat.

Add onions. Cook until onions are soft and beginning to brown, stirring frequently, about 10 minutes.

Add rosemary, sugar, and salt. Season onions to taste with pepper. Reduce heat to medium. Continue to cook until onions are soft and dark brown, stirring frequently, about 20 minutes; cool.

Spread onion mixture evenly over dough.

Sprinkle with cheese.

Bake until crust is golden and cheese is bubbling, about 20 minutes.

Let cool.

Cut into squares and serve.

Nutrition Facts

PROTEIN 12.7% **FAT 39.63%** **CARBS 47.67%**

Properties

Glycemic Index:7.84, Glycemic Load:3.95, Inflammation Score:-2, Nutrition Score:2.0952173963837%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

Nutrients (% of daily need)

Calories: 58.42kcal (2.92%), Fat: 2.59g (3.99%), Saturated Fat: 1.29g (8.08%), Carbohydrates: 7.02g (2.34%), Net Carbohydrates: 6.48g (2.36%), Sugar: 1.26g (1.4%), Cholesterol: 4.99mg (1.66%), Sodium: 97.19mg (4.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.74%), Calcium: 44.13mg (4.41%), Folate: 16.53µg (4.13%), Vitamin B1: 0.06mg (4.02%), Selenium: 2.8µg (4.01%), Phosphorus: 37.13mg (3.71%), Manganese: 0.07mg (3.48%), Vitamin B2: 0.06mg (3.36%), Fiber: 0.54g (2.14%), Vitamin B3: 0.42mg (2.12%), Iron: 0.36mg (2.01%), Vitamin C: 1.61mg (1.95%), Vitamin B6: 0.04mg (1.9%), Potassium: 55.34mg (1.58%), Vitamin B5: 0.14mg (1.4%), Zinc: 0.21mg (1.37%), Magnesium: 5.03mg (1.26%), Vitamin B12: 0.07µg (1.23%), Vitamin A: 56.44IU (1.13%)