

Blue Cheese and Caramelized-Onion Squares

Vegetarian

READY IN

SERVINGS

CALORIES

ATIPASTI

STARTER

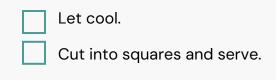
SNACK

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	
Diı	rections	
	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.	



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: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, 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: Og (100%), Alcohol %: O% (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%)