



Blue Cheese and Caramelized-Onion Squares

 Vegetarian

READY IN



45 min.

SERVINGS



42

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

- ☐ 2 tablespoons butter unsalted ()
- ☐ 0.8 cup milk whole

Equipment

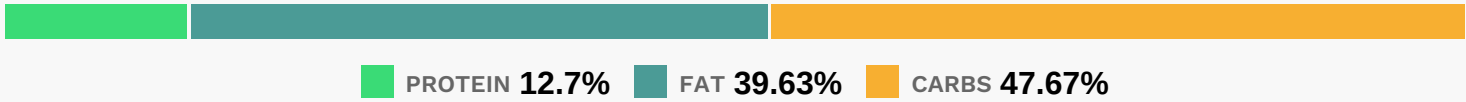
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ measuring cup

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



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: Og (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%)