



Caramelized Onion and Fennel Crostini

 Vegetarian

READY IN



57 min.

SERVINGS



12

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 slices crusty baguette thin
- 3 tablespoons wine dry white
- 1 large fennel bulb cored trimmed halved sliced
- 5 tablespoons olive oil
- 12 servings salt and pepper
- 1 tablespoon butter unsalted
- 1 large onion yellow halved sliced

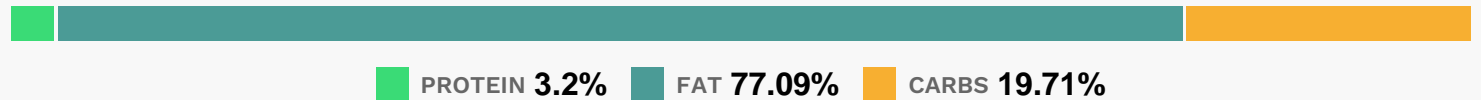
Equipment

- frying pan
- baking sheet
- oven

Directions

- Melt butter with 2 Tbsp. olive oil in a large skillet over medium heat.
- Add fennel and onion and cook, stirring occasionally, until mixture begins to brown, 20 to 25 minutes.
- Pour in wine, reduce heat to medium-low, cover and cook, stirring occasionally, until golden brown and soft, 8 to 10 minutes longer. Season with salt and pepper.
- Preheat oven to 350F.
- Brush both sides of baguette slices with remaining 3 Tbsp. olive oil and place on a baking sheet.
- Bake until edges are golden, 6 to 8 minutes per side.
- Spoon 1 generous Tbsp. of topping onto each toasted baguette slice.
- Garnish with reserved fennel fronds, if desired.

Nutrition Facts



Properties

Glycemic Index:13.23, Glycemic Load:1.52, Inflammation Score:-2, Nutrition Score:2.3878261067135%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 80.96kcal (4.05%), Fat: 6.9g (10.62%), Saturated Fat: 1.44g (9.01%), Carbohydrates: 3.97g (1.32%), Net Carbohydrates: 3.1g (1.13%), Sugar: 1.46g (1.62%), Cholesterol: 2.51mg (0.84%), Sodium: 221.34mg (9.62%), Alcohol: 0.39g (100%), Alcohol %: 1.07% (100%), Protein: 0.64g (1.29%), Vitamin K: 15.98µg (15.22%), Vitamin E: 0.99mg (6.6%), Vitamin C: 3.27mg (3.96%), Manganese: 0.07mg (3.53%), Fiber: 0.87g (3.49%), Potassium: 105.33mg (3.01%), Folate: 10.57µg (2.64%), Iron: 0.31mg (1.7%), Phosphorus: 16.86mg (1.69%), Calcium: 16.03mg (1.6%), Vitamin B1: 0.02mg (1.56%), Vitamin B6: 0.03mg (1.44%), Magnesium: 5.66mg (1.42%), Vitamin B3: 0.26mg (1.32%), Vitamin B2: 0.02mg (1.13%), Vitamin A: 55.53IU (1.11%), Copper: 0.02mg (1.07%)