



Caramelized Onion-and-Goat Cheese Bread

 Vegetarian

READY IN



42 min.

SERVINGS



12

CALORIES



213 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8.5 oz bread baguette french cut in half lengthwise
- ☐ 1 tablespoon butter
- ☐ 1 large garlic clove minced
- ☐ 10.5 oz goat cheese log
- ☐ 0.5 cup honey
- ☐ 0.5 cup pecans chopped
- ☐ 0.1 teaspoon pepper
- ☐ 0.1 teaspoon salt

- ☐ 0.5 teaspoon sugar
- ☐ 1 medium size onion sweet halved thinly sliced

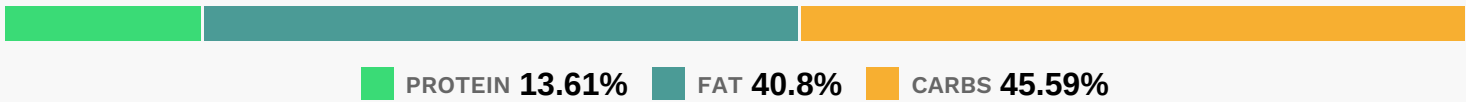
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Place pecans in a single layer in a baking sheet.
- ☐ Bake at 350 for 10 to 12 minutes or until lightly toasted.
- ☐ Melt butter in a 10-inch skillet over medium-high heat. Stir in onion and sugar. Cook, stirring often, 20 to 25 minutes or until onions are caramel colored.
- ☐ Add garlic, and cook 2 more minutes.
- ☐ Remove from heat, and let stand 30 minutes.
- ☐ Process onion mixture, goat cheese, salt, and pepper in a blender or food processor 30 to 45 seconds or until ingredients are well blended and smooth.
- ☐ Spread mixture evenly onto cut sides of bread.
- ☐ Place on a baking sheet.
- ☐ Bake at 375 for 15 minutes or until thoroughly heated and edges are lightly browned.
- ☐ Cut into 1-inch slices.
- ☐ Drizzle evenly with honey, and sprinkle with toasted pecans.

Nutrition Facts



Properties

Glycemic Index:27.07, Glycemic Load:14.27, Inflammation Score:-4, Nutrition Score:6.3108695797298%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

Nutrients (% of daily need)

Calories: 212.69kcal (10.63%), Fat: 9.96g (15.32%), Saturated Fat: 4.6g (28.77%), Carbohydrates: 25.04g (8.35%), Net Carbohydrates: 23.87g (8.68%), Sugar: 14.48g (16.09%), Cholesterol: 13.92mg (4.64%), Sodium: 246.72mg (10.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.47g (14.94%), Manganese: 0.37mg (18.68%), Copper: 0.29mg (14.41%), Vitamin B1: 0.2mg (13.45%), Vitamin B2: 0.2mg (11.62%), Phosphorus: 105.88mg (10.59%), Selenium: 6.91µg (9.87%), Folate: 35.35µg (8.84%), Iron: 1.51mg (8.38%), Vitamin B6: 0.14mg (6.77%), Vitamin B3: 1.18mg (5.92%), Vitamin A: 288.35IU (5.77%), Calcium: 55.56mg (5.56%), Zinc: 0.71mg (4.76%), Magnesium: 18.78mg (4.69%), Fiber: 1.16g (4.66%), Vitamin B5: 0.31mg (3.15%), Potassium: 90.3mg (2.58%), Vitamin C: 1.52mg (1.85%), Vitamin E: 0.18mg (1.22%)