



Caramelized Onion and Sour Cream Spread

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



88 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon capers drained
- ☐ 0.5 fennel bulb cored thinly sliced
- ☐ 8 garlic clove finely chopped
- ☐ 2 teaspoons herbs de provence
- ☐ 3 tablespoons olive oil
- ☐ 1 large bell pepper red thinly sliced
- ☐ 1 large onion red thinly sliced
- ☐ 0.3 cup cream sour

☐ 1 teaspoon sugar

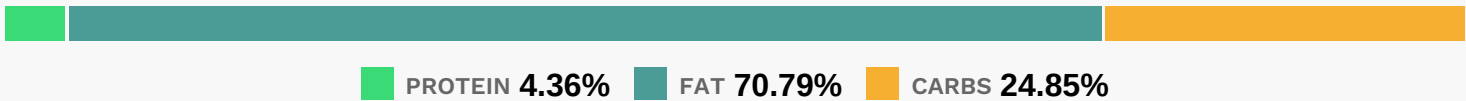
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Heat 3 tablespoons oil in heavy large skillet over medium heat.
- ☐ Add onion and next 4 ingredients. Cover; cook until vegetables release their juices, stirring occasionally, about 12 minutes. Uncover; sauté until juices evaporate, about 10 minutes.
- ☐ Add garlic; cook until vegetables are very tender and just beginning to brown, about 12 minutes longer. Cool completely.
- ☐ Puree vegetable mixture and sour cream in processor until almost smooth. Season generously with salt and pepper.
- ☐ Transfer to bowl.
- ☐ Sprinkle with capers.
- ☐ Preheat broiler. Arrange bread slices on baking sheet.
- ☐ Brush both sides of bread slices with 1/3 cup oil. Toast about 2 minutes per side. Cool.
- ☐ Serve with spread.
- ☐ A combination of dried thyme, basil, savory and fennel seeds can be substituted for herbes de Provence.

Nutrition Facts



Properties

Glycemic Index:25.51, Glycemic Load:1.45, Inflammation Score:-6, Nutrition Score:5.6004347788251%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg

Nutrients (% of daily need)

Calories: 88.06kcal (4.4%), Fat: 7.26g (11.17%), Saturated Fat: 1.74g (10.85%), Carbohydrates: 5.73g (1.91%), Net Carbohydrates: 4.43g (1.61%), Sugar: 2.88g (3.2%), Cholesterol: 5.65mg (1.88%), Sodium: 40.39mg (1.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.01%), Vitamin C: 30.2mg (36.61%), Vitamin K: 18.13µg (17.27%), Vitamin A: 732.58IU (14.65%), Vitamin E: 1.23mg (8.23%), Manganese: 0.14mg (7.02%), Vitamin B6: 0.13mg (6.29%), Fiber: 1.31g (5.22%), Folate: 17.57µg (4.39%), Potassium: 150.38mg (4.3%), Iron: 0.64mg (3.54%), Calcium: 32.06mg (3.21%), Phosphorus: 29.11mg (2.91%), Vitamin B2: 0.05mg (2.81%), Magnesium: 8.91mg (2.23%), Vitamin B1: 0.03mg (1.88%), Vitamin B3: 0.36mg (1.8%), Copper: 0.04mg (1.76%), Vitamin B5: 0.17mg (1.66%), Selenium: 1µg (1.43%), Zinc: 0.19mg (1.26%)