



Caramelized Onion and Sour Cream Spread

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



261 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon capers drained
- ☐ 0.5 fennel bulb cored thinly sliced
- ☐ 8 garlic cloves finely chopped
- ☐ 2 teaspoons herbs de provence
- ☐ 18 x /2x/4-inch olive bread
- ☐ 3 tablespoons olive oil
- ☐ 1 large bell pepper red thinly sliced
- ☐ 1 large onion red thinly sliced

- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1 teaspoon sugar

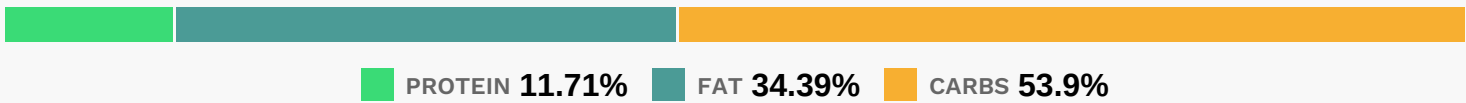
Equipment

- ☐ 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:32.84, Glycemic Load:17.52, Inflammation Score:-7, Nutrition Score:13.874347804681%

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: 260.68kcal (13.03%), Fat: 10.11g (15.56%), Saturated Fat: 2.17g (13.59%), Carbohydrates: 35.66g (11.89%), Net Carbohydrates: 31.83g (11.58%), Sugar: 6.49g (7.21%), Cholesterol: 5.65mg (1.88%), Sodium: 338.38mg (14.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.75g (15.5%), Manganese: 0.89mg (44.56%), Vitamin C: 30.33mg (36.76%), Selenium: 19.14µg (27.35%), Vitamin K: 21.22µg (20.21%), Vitamin B3: 3.88mg (19.4%), Vitamin B1: 0.29mg (19.14%), Folate: 71.12µg (17.78%), Iron: 2.9mg (16.14%), Fiber: 3.83g (15.3%), Vitamin A: 733.84IU (14.68%), Vitamin B2: 0.21mg (12.14%), Calcium: 110.81mg (11.08%), Phosphorus: 110.38mg (11.04%), Vitamin B6: 0.2mg (9.78%), Vitamin E: 1.35mg (9.02%), Magnesium: 34.74mg (8.68%), Vitamin B5: 0.68mg (6.83%), Potassium: 239.21mg (6.83%), Copper: 0.13mg (6.42%), Zinc: 0.84mg (5.63%)