



Caramelized Onion-Apple Bites

 Vegetarian

READY IN



45 min.

SERVINGS



32

CALORIES



74 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 3 ounces fontina shredded
- 1 tablespoon thyme leaves fresh minced
- 2 granny smith cored peeled thinly sliced
- 1 sheet puff pastry frozen
- 0.5 tsp salt
- 3 tablespoons butter unsalted
- 1 pound onions yellow thinly sliced

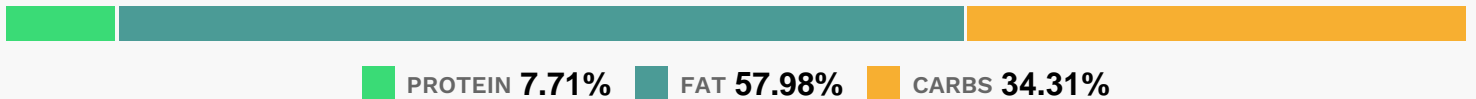
Equipment

- frying pan
- baking sheet
- oven

Directions

- Melt butter in a large frying pan over medium-high heat.
- Add onions and 1/2 tsp. salt. Cook, stirring occasionally, until onions are soft, about 5 minutes.
- Add apples and stir to coat. Reduce heat to medium and cook, stirring often, until onions are medium brown, about 30 minutes. Stir in pepper and salt to taste. Set aside and let cool, about 10 minutes.
- Preheat oven to 37
- Unwrap puff pastry sheet.
- Cut sheet into 16 squares, then halve those squares diagonally to make 32 triangles. Arrange them, not touching, on a baking sheet.
- Place a spoonful of cooled onion-apple mixture on each triangle. Top with a sprinkle of shredded cheese and minced thyme.
- Bake until puffed and golden, 15 to 20 minutes.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:6.84, Glycemic Load:2.6, Inflammation Score:-3, Nutrition Score:1.6013043412696%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate:

0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

Nutrients (% of daily need)

Calories: 73.78kcal (3.69%), Fat: 4.85g (7.46%), Saturated Fat: 1.93g (12.08%), Carbohydrates: 6.45g (2.15%), Net Carbohydrates: 5.79g (2.1%), Sugar: 1.88g (2.09%), Cholesterol: 5.9mg (1.97%), Sodium: 77.51mg (3.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.9%), Selenium: 2.32µg (3.32%), Manganese: 0.07mg (3.3%), Fiber: 0.66g (2.65%), Vitamin B1: 0.04mg (2.64%), Vitamin C: 1.92mg (2.33%), Folate: 9.31µg (2.33%), Vitamin B2: 0.04mg (2.08%), Calcium: 20.62mg (2.06%), Phosphorus: 19.72mg (1.97%), Vitamin B3: 0.35mg (1.77%), Vitamin K: 1.73µg (1.64%), Iron: 0.29mg (1.59%), Vitamin A: 74.05IU (1.48%), Vitamin B6: 0.03mg (1.32%), Potassium: 41.1mg (1.17%), Zinc: 0.17mg (1.12%)