



Caramelized-Onion Bruschetta

READY IN



40 min.

SERVINGS



24

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter
- 3 large onion red thinly sliced cut in half and
- 0.3 cup sugar
- 3 tablespoons balsamic vinegar
- 1 pound crusty baguette cut into 1/2-inch slices
- 8 ounces cream cheese with herbs or vegetables soft
- 2 tablespoons parsley fresh chopped

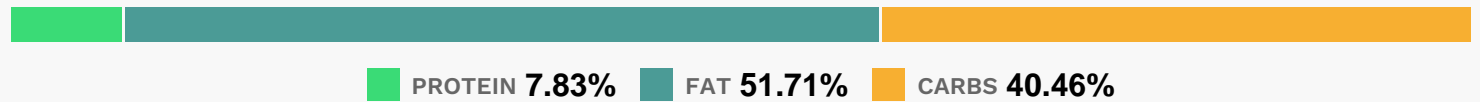
Equipment

- frying pan
- baking sheet
- oven

Directions

- In 12-inch heavy skillet, melt butter over medium-high heat until sizzling. Cook onions in butter 5 to 6 minutes, stirring frequently, until onions are softened. Stir in sugar and vinegar. Cook 9 to 10 minutes, stirring frequently, until onions are very soft and light golden brown. Cool onion mixture slightly, about 10 minutes.
- Set oven control to broil.
- Place bread slices on cookie sheet. Broil with tops 4 inches from heat 1 to 2 minutes or until lightly browned. Turn bread; broil 1 to 2 minutes longer or until lightly browned.
- Spread about 2 teaspoons cream cheese on each bread slice. Top each with 1 tablespoon onion mixture; sprinkle with small amount parsley.

Nutrition Facts



Properties

Glycemic Index:11.58, Glycemic Load:8.29, Inflammation Score:-4, Nutrition Score:3.2804347302603%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 131.43kcal (6.57%), Fat: 7.6g (11.69%), Saturated Fat: 2.81g (17.55%), Carbohydrates: 13.38g (4.46%), Net Carbohydrates: 12.73g (4.63%), Sugar: 4.21g (4.67%), Cholesterol: 9.54mg (3.18%), Sodium: 192.29mg (8.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.18%), Vitamin B1: 0.12mg (7.95%), Vitamin A: 324.43IU (6.49%), Folate: 24.24µg (6.06%), Vitamin K: 6.29µg (5.99%), Selenium: 4.14µg (5.92%), Manganese: 0.11mg (5.49%), Vitamin B2: 0.09mg (5.21%), Vitamin B3: 0.89mg (4.44%), Iron: 0.73mg (4.04%), Calcium: 34.61mg (3.46%), Phosphorus: 33.71mg (3.37%), Fiber: 0.64g (2.57%), Vitamin B6: 0.04mg (2.11%), Magnesium: 7.69mg (1.92%),

Vitamin E: 0.29mg (1.92%), Vitamin C: 1.47mg (1.78%), Potassium: 62.1mg (1.77%), Copper: 0.03mg (1.55%), Zinc: 0.23mg (1.5%), Vitamin B5: 0.15mg (1.48%)