



Caramelized Onion Bruschetta

READY IN



45 min.

SERVINGS



2

CALORIES



95 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon teaspoon basil dried fresh chopped
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 6 inch bread baguette french (4 ounces)
- ☐ 2 teaspoons butter
- ☐ 0.5 cup onion chopped
- ☐ 2 tablespoons parmesan cheese fresh grated
- ☐ 0.3 teaspoon sugar

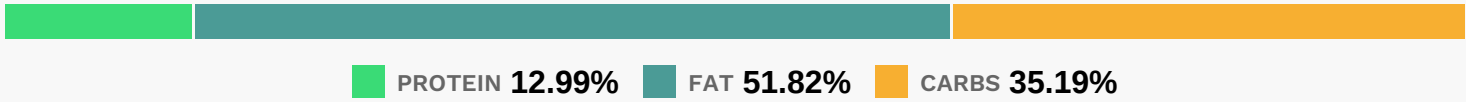
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Melt the butter in a small skillet over medium heat.
- ☐ Add the onion and sugar; cook 14 minutes or until golden brown, stirring frequently.
- ☐ Remove from heat; stir in basil.
- ☐ Cut bread in half horizontally.
- ☐ Place bread, cut sides up, on a baking sheet. Broil the bread for 2 minutes or until toasted.
- ☐ Spread 1 tablespoon caramelized onion mixture over each bread half.
- ☐ Sprinkle each bread half with 1 tablespoon Parmesan cheese and 1/8 teaspoon black pepper. Broil for 1 minute or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:178.3, Glycemic Load:4.31, Inflammation Score:-4, Nutrition Score:3.276086985417%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 94.96kcal (4.75%), Fat: 5.59g (8.6%), Saturated Fat: 3.45g (21.57%), Carbohydrates: 8.54g (2.85%), Net Carbohydrates: 7.61g (2.77%), Sugar: 2.59g (2.88%), Cholesterol: 14.15mg (4.72%), Sodium: 159.82mg (6.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.3%), Calcium: 76.44mg (7.64%), Manganese: 0.14mg (6.8%), Phosphorus: 56.46mg (5.65%), Selenium: 3.57µg (5.1%), Vitamin B1: 0.08mg (5.02%), Vitamin K: 5.21µg (4.96%), Folate: 18.2µg (4.55%), Vitamin A: 218.92IU (4.38%), Vitamin C: 3.14mg (3.81%), Fiber: 0.93g (3.71%), Vitamin B2: 0.06mg (3.7%), Vitamin B6: 0.06mg (3.16%), Iron: 0.48mg (2.67%), Magnesium: 9.81mg (2.45%),

Potassium: 79.4mg (2.27%), Vitamin B3: 0.44mg (2.21%), Zinc: 0.3mg (2%), Copper: 0.04mg (1.8%), Vitamin B12: 0.07µg (1.14%), Vitamin B5: 0.11mg (1.08%), Vitamin E: 0.16mg (1.08%)