



Caramelized Onion, Gruyère, and Bacon Spread

 Gluten Free

READY IN



65 min.

SERVINGS



8

CALORIES



142 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 3 bacon crumbled cooked
- ☐ 2 tablespoons chives fresh divided chopped
- ☐ 2 ounces gruyere cheese shredded divided
- ☐ 0.3 cup mayonnaise
- ☐ 3.5 cups onion chopped
- ☐ 0.3 teaspoon salt

☐ 0.3 cup cream fat-free sour

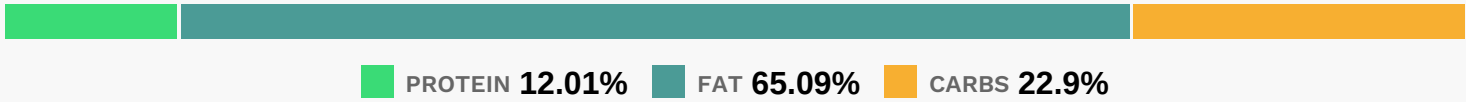
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 42
- ☐ Heat a large cast-iron skillet over medium-high heat. Coat pan lightly with cooking spray.
- ☐ Add onion to pan; saut 5 minutes, stirring frequently. Reduce heat to low; cook 20 minutes or until golden brown, stirring occasionally. Cool slightly.
- ☐ Reserve 2 tablespoons cheese.
- ☐ Combine remaining cheese, caramelized onion, 1 tablespoon chives, and the remaining ingredients in a medium bowl.
- ☐ Transfer the mixture to a 1-quart glass or ceramic baking dish coated lightly with cooking spray.
- ☐ Sprinkle with reserved 2 tablespoons cheese.
- ☐ Bake at 425 for 20 minutes or until browned and bubbly.
- ☐ Sprinkle with remaining 1 tablespoon chives.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:1.48, Inflammation Score:-4, Nutrition Score:4.390000016793%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.56mg, Isorhamnetin: 3.56mg, Isorhamnetin: 3.56mg,

Isorhamnetin: 3.56mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 14.25mg, Quercetin:
14.25mg, Quercetin: 14.25mg, Quercetin: 14.25mg

Nutrients (% of daily need)

Calories: 142.25kcal (7.11%), Fat: 10.4g (16%), Saturated Fat: 2.82g (17.64%), Carbohydrates: 8.24g (2.75%), Net
Carbohydrates: 7.01g (2.55%), Sugar: 3.1g (3.44%), Cholesterol: 15.55mg (5.18%), Sodium: 249.29mg (10.84%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.63%), Vitamin K: 17.38µg (16.56%), Calcium: 101.75mg
(10.18%), Phosphorus: 86.42mg (8.64%), Vitamin C: 5.62mg (6.81%), Vitamin B6: 0.11mg (5.48%), Manganese: 0.1mg
(5.19%), Selenium: 3.63µg (5.19%), Fiber: 1.22g (4.9%), Folate: 16.33µg (4.08%), Potassium: 140.21mg (4.01%),
Vitamin B1: 0.06mg (3.91%), Zinc: 0.55mg (3.7%), Vitamin B2: 0.06mg (3.69%), Vitamin B12: 0.19µg (3.1%),
Magnesium: 11.96mg (2.99%), Vitamin A: 133.19IU (2.66%), Vitamin E: 0.35mg (2.37%), Vitamin B3: 0.42mg (2.08%),
Copper: 0.04mg (1.9%), Vitamin B5: 0.18mg (1.79%), Iron: 0.23mg (1.25%)