



Caramelized Onion-Potato Tart

READY IN



45 min.

SERVINGS



8

CALORIES



302 kcal

DESSERT

Ingredients

- 0.3 cup firmly brown sugar packed
- 0.5 cup butter divided
- 2 tablespoons cooking sherry dry
- 2 large eggs lightly beaten
- 7 tablespoons flour all-purpose divided
- 1.5 cups milk
- 0.3 teaspoon pepper
- 24 ounce potatoes frozen with peppers and onions
- 1 teaspoon salt

2 pounds onions sweet (6 small)

Equipment

frying pan

oven

whisk

tart form

Directions

Stir together potatoes, eggs, and 2 tablespoons flour; place in a lightly greased 10-inch tart pan.

Bake at 400 for 30 minutes.

Cut onions in half, and cut halves into slices.

Melt 1/4 cup butter in a large skillet over medium heat; stir in brown sugar.

Add onion, and cook, stirring constantly, 20 to 22 minutes or until golden brown.

Remove onion, and set aside.

Melt remaining 1/4 cup butter in skillet over low heat; whisk in remaining 5 tablespoons flour until smooth. Cook, whisking constantly, 1 minute.

Add milk gradually; cook over medium heat, whisking constantly, 3 to 5 minutes or until onion mixture is thickened and bubbly. Stir in salt, pepper, and sherry.

Pour over potatoes, and top with onion mixture.

Bake tart at 400 for 15 minutes or until thoroughly heated.

Nutrition Facts



PROTEIN 8.54% **FAT 42.15%** **CARBS 49.31%**

Properties

Glycemic Index:30.47, Glycemic Load:15.33, Inflammation Score:-7, Nutrition Score:10.887391328812%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg Quercetin: 17.06mg, Quercetin: 17.06mg, Quercetin: 17.06mg, Quercetin: 17.06mg

Nutrients (% of daily need)

Calories: 302.35kcal (15.12%), Fat: 14.31g (22.01%), Saturated Fat: 3.64g (22.78%), Carbohydrates: 37.66g (12.55%), Net Carbohydrates: 34.58g (12.57%), Sugar: 15.33g (17.03%), Cholesterol: 51.99mg (17.33%), Sodium: 476.04mg (20.7%), Alcohol: 0.39g (100%), Alcohol %: 0.17% (100%), Protein: 6.52g (13.05%), Vitamin C: 22.23mg (26.94%), Vitamin B6: 0.46mg (22.83%), Potassium: 604.55mg (17.27%), Phosphorus: 161.45mg (16.15%), Folate: 57.83µg (14.46%), Manganese: 0.28mg (14.2%), Vitamin B1: 0.2mg (13.22%), Vitamin A: 652.28IU (13.05%), Fiber: 3.08g (12.34%), Vitamin B2: 0.21mg (12.26%), Selenium: 7.84µg (11.21%), Calcium: 107.9mg (10.79%), Magnesium: 39.73mg (9.93%), Copper: 0.18mg (8.94%), Iron: 1.55mg (8.61%), Vitamin B5: 0.78mg (7.77%), Vitamin B3: 1.51mg (7.54%), Vitamin B12: 0.37µg (6.21%), Zinc: 0.8mg (5.31%), Vitamin D: 0.75µg (5.02%), Vitamin E: 0.63mg (4.2%), Vitamin K: 2.27µg (2.16%)