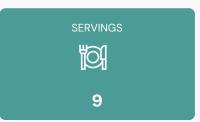


# **Caramelized Onion-Stuffed Potato Cupcakes**







## Ingredients

0.3 cup butter
1 tablespoon thyme sprigs fresh chopped
0.3 cup gorgonzola crumbled finely
1.5 cups milk
1 large onion sweet spanish thinly sliced (Walla Walla, Bermuda, )
O.1 teaspoon salt

4.8 oz yukon gold potatoes mashed betty crocker®

### **Equipment**

1 cup water

	frying pan	
	sauce pan	
	oven	
	aluminum foil	
	muffin liners	
Di	rections	
	Heat oven to 375°F.	
	Place foil baking cup in each of 9 regular-size muffin cups.	
	In 12-inch nonstick skillet, melt 1 tablespoon butter over medium-high heat. Stir in onion slice to coat with butter. Cook uncovered 10 minutes, stirring every 3 to 4 minutes. Reduce heat to medium-low.	
	Sprinkle with salt. Cook 10 to 15 minutes longer, stirring every 5 minutes, until onions are golden brown.	
	Remove from skillet; cool slightly. Chop onions.	
	Meanwhile, in 3-quart saucepan, heat milk, water and 1/4 cup butter just to a boil (watch carefully to avoid boilover).	
	Remove from heat. While stirring with fork, add both pouches Potatoes with Seasoning. Stir until well blended, then whip with fork until smooth.	
	Let stand about 1 minute or until liquid is absorbed. Stir in cheese and chopped thyme.	
	Spoon about 3 tablespoons potato mixture in bottom of each muffin cup. Top each with about 1 tablespoon onion.	
	Place remaining potato mixture in decorating bag fitted with #1A or desired tip. Pipe remaining potatoes on cupcakes.	
	Bake 10 to 15 minutes or until tops are lightly browned.	
	Garnish with thyme leaves.	
	Let stand 5 minutes before serving.	
Nutrition Facts		

#### **Properties**

Glycemic Index:27.08, Glycemic Load:2.72, Inflammation Score:-7, Nutrition Score:3.8004348278046%

#### **Flavonoids**

Epigallocatechin 3-gallate: O.O3mg, Epigallocatechin 3-gallate: O.O3mg, Epigallocatechin 3-gallate: O.O3mg, Epigallocatechin 3-gallate: O.O3mg, Apigenin: O.O2mg, Apigenin: O.

### Nutrients (% of daily need)

Calories: 108.58kcal (5.43%), Fat: 7.67g (11.8%), Saturated Fat: 4.79g (29.92%), Carbohydrates: 7.61g (2.54%), Net Carbohydrates: 6.84g (2.49%), Sugar: 3.94g (4.38%), Cholesterol: 21.58mg (7.19%), Sodium: 141.66mg (6.16%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 2.93g (5.85%), Calcium: 86.76mg (8.68%), Phosphorus: 78.16mg (7.82%), Vitamin C: 5.99mg (7.26%), Vitamin B6: O.13mg (6.35%), Vitamin A: 293.01lU (5.86%), Potassium: 185.39mg (5.3%), Vitamin B2: O.09mg (5.3%), Vitamin B12: O.28µg (4.69%), Magnesium: 14.26mg (3.57%), Vitamin B1: O.05mg (3.46%), Manganese: O.07mg (3.33%), Folate: 12.92µg (3.23%), Vitamin B5: O.31mg (3.15%), Vitamin D: O.47µg (3.12%), Fiber: O.77g (3.09%), Zinc: O.39mg (2.61%), Selenium: 1.67µg (2.39%), Copper: O.05mg (2.38%), Iron: O.36mg (2.02%), Vitamin B3: O.31mg (1.55%), Vitamin E: O.19mg (1.24%), Vitamin K: 1.06µg (1.01%)