



Caramelized Onion-Stuffed Potato Cupcakes

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



9

CALORIES



109 kcal

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,)
- 0.1 teaspoon salt
- 1 cup water
- 4.8 oz yukon gold potatoes mashed betty crocker®

Equipment

- frying pan
- sauce pan
- oven
- aluminum foil
- muffin liners

Directions

- 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 slices 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

 **PROTEIN 10.53%**  **FAT 62.1%**  **CARBS 27.37%**

Properties

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

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg

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: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.85%), Calcium: 86.76mg (8.68%), Phosphorus: 78.16mg (7.82%), Vitamin C: 5.99mg (7.26%), Vitamin B6: 0.13mg (6.35%), Vitamin A: 293.01IU (5.86%), Potassium: 185.39mg (5.3%), Vitamin B2: 0.09mg (5.3%), Vitamin B12: 0.28µg (4.69%), Magnesium: 14.26mg (3.57%), Vitamin B1: 0.05mg (3.46%), Manganese: 0.07mg (3.33%), Folate: 12.92µg (3.23%), Vitamin B5: 0.31mg (3.15%), Vitamin D: 0.47µg (3.12%), Fiber: 0.77g (3.09%), Zinc: 0.39mg (2.61%), Selenium: 1.67µg (2.39%), Copper: 0.05mg (2.38%), Iron: 0.36mg (2.02%), Vitamin B3: 0.31mg (1.55%), Vitamin E: 0.19mg (1.24%), Vitamin K: 1.06µg (1.01%)