



Caramelized Onion Tartlets

READY IN



45 min.

SERVINGS



24

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14.1 oz pie crust dough refrigerated softened (2 Count)
- ☐ 2 tablespoons butter
- ☐ 0.8 cup onion red coarsely chopped
- ☐ 2 eggs
- ☐ 0.5 cup cream sour
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon hot sauce red
- ☐ 3 ounces cheddar cheese shredded finely
- ☐ 1 serving onion red chopped

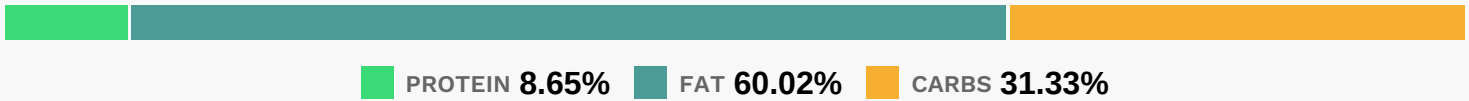
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Let refrigerated pie crusts come to room temperature; cut with 3-inch round biscuit cutter or glass. Press crust circle in each of 24 small muffin cups, 1 3/4x1 inch.
- ☐ Melt butter in 10-inch skillet over medium-high heat. Cook 3/4 cup onion in butter 5 minutes, stirring occasionally; reduce heat to medium. Cook about 15 minutes longer, stirring occasionally, until onion is softened and golden brown; remove from heat.
- ☐ Heat oven to 400°. Beat eggs in large bowl. Stir in sour cream, salt and pepper sauce. Stir in onion. Stir in 1/4 cup of the cheese. Spoon onion mixture into crusts.
- ☐ Sprinkle with remaining cheese.
- ☐ Bake 10 to 15 minutes until golden brown and set in center.
- ☐ Serve warm or at room temperature.
- ☐ Garnish with additional onion.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:2.2682608728823%

Flavonoids

Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 116.61kcal (5.83%), Fat: 7.77g (11.96%), Saturated Fat: 2.84g (17.72%), Carbohydrates: 9.12g (3.04%), Net Carbohydrates: 8.58g (3.12%), Sugar: 0.5g (0.55%), Cholesterol: 20.01mg (6.67%), Sodium: 134.06mg (5.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.04%), Selenium: 3.29µg (4.7%), Manganese: 0.09mg (4.25%), Vitamin B2: 0.07mg (4.19%), Phosphorus: 41.51mg (4.15%), Folate: 15.81µg (3.95%), Calcium: 37.16mg (3.72%), Vitamin B1: 0.05mg (3.52%), Iron: 0.52mg (2.9%), Vitamin A: 127.24IU (2.54%), Vitamin B3: 0.47mg (2.34%), Fiber: 0.54g (2.16%), Zinc: 0.28mg (1.87%), Vitamin B5: 0.16mg (1.64%), Vitamin B6: 0.03mg (1.39%), Vitamin B12: 0.08µg (1.36%), Vitamin K: 1.41µg (1.35%), Vitamin E: 0.2mg (1.32%), Magnesium: 5.14mg (1.29%), Potassium: 41.1mg (1.17%)