

Caramelized-Onion Tartlets

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 teaspoon pepper black
- 3 tablespoons crème fraîche at room temperature
- 1.5 teaspoons chives fresh finely chopped
- 2 cups onion very thinly sliced (2 onions)
- 0.4 teaspoon salt
- 1.5 tablespoons butter unsalted
- 2 tablespoons water

Equipment

- frying pan
- oven
- muffin tray

Directions

- Put oven rack in middle position and preheat oven to 375°F.
- Cook onion, butter, water, salt, and pepper, covered, in a 10-inch heavy skillet over moderately low heat, 10 minutes.
- Remove lid and cook, stirring frequently, until onion is deep golden brown and very tender, about 25 minutes.
- While onion cooks, roll out dough to slightly less than 1/8 inch thick.
- Cut out 12 rounds with cutter and lightly press each into a mini-muffin cup.
- Bake until pale golden, 10 to 12 minutes.
- Remove tartlet shells from muffin pan.
- Stir together crème fraîche and chives and divide among shells, then top with caramelized onions.

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:0.55, Inflammation Score:-2, Nutrition Score:0.87043477724428%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg

Nutrients (% of daily need)

Calories: 29.24kcal (1.46%), Fat: 2.03g (3.12%), Saturated Fat: 1.21g (7.59%), Carbohydrates: 2.65g (0.88%), Net Carbohydrates: 2.19g (0.8%), Sugar: 1.24g (1.37%), Cholesterol: 5.53mg (1.84%), Sodium: 74.99mg (3.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.78%), Vitamin C: 2.07mg (2.51%), Manganese: 0.04mg (1.91%), Fiber: 0.46g (1.85%), Vitamin B6: 0.03mg (1.68%), Vitamin A: 68.51IU (1.37%), Folate: 5.43µg (1.36%), Potassium:

43.77mg (1.25%), Phosphorus: 10.54mg (1.05%)