



Caramelized Onions Tartlets

 Gluten Free

READY IN



27 min.

SERVINGS



24

CALORIES



11 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon chives chopped
- 0.7 cup dannon oikos greek nonfat yogurt plain
- 1 teaspoon olive oil
- 2 tablespoons parmesan cheese to taste
- 2 cups onions sweet minced

Equipment

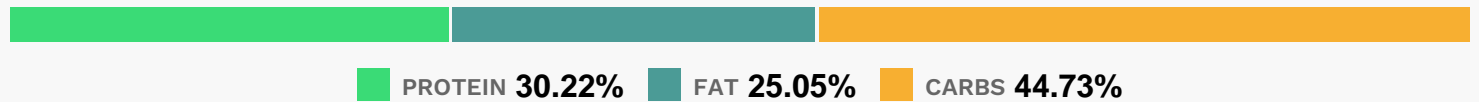
- bowl
- frying pan

oven

Directions

- In a saute pan heat oil.
- Add onions and cook on medium heat, stirring often, until onions are golden brown (15 minutes).
- Let onion cool.
- In a bowl combine, yogurt, parmesan cheese and herbs mix well.
- Add cooled onions.
- Spoon 1 healthy teaspoon per phyllo cup and bake tartlets 10 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:2.46, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.71565217014564%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 10.82kcal (0.54%), Fat: 0.31g (0.47%), Saturated Fat: 0.1g (0.61%), Carbohydrates: 1.23g (0.41%), Net Carbohydrates: 1.11g (0.4%), Sugar: 0.86g (0.95%), Cholesterol: 0.56mg (0.19%), Sodium: 9.84mg (0.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.67%), Vitamin K: 2.88µg (2.74%), Phosphorus: 14.14mg (1.41%), Calcium: 14mg (1.4%), Vitamin B2: 0.02mg (1.17%), Vitamin B6: 0.02mg (1.07%), Vitamin C: 0.86mg (1.04%), Selenium: 0.71µg (1.02%)