



## Chavrie Caramelized Red Onion Tarts

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 5.3 oz goat cheese chavrie®
- 1 Tbs grape jelly red
- 2 medium onion red minced ( )
- 2 Tbs red wine vinegar
- 1 Tbs sugar
- 2 Tbs butter unsalted
- 2 Tbs vegetable oil

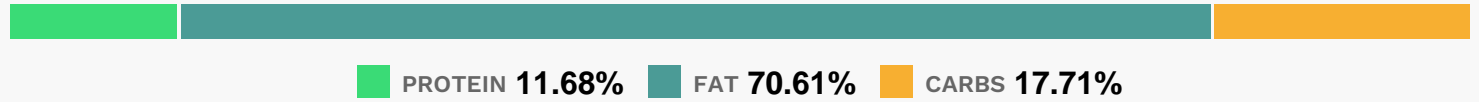
### Equipment

- frying pan
- baking pan

## Directions

- Heat oil and butter over medium heat in heavy gauge skillet.
- Add minced onions and cook until translucent about 10 minutes.
- Add sugar, jelly and vinegar and cook to a syrupy consistency (15 minutes) stirring occasionally.
- Remove from heat and let cool to room temperature.
- Place tart shells on baking tray, spoon 1 Tbs.

## Nutrition Facts



## Properties

Glycemic Index:12.67, Glycemic Load:1.7, Inflammation Score:-2, Nutrition Score:1.8465217391304%

## Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

## Taste

Sweetness: 38.66%, Saltiness: 74.2%, Sourness: 28.16%, Bitterness: 21.71%, Savoriness: 23.15%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 86.35kcal (4.32%), Fat: 6.85g (10.54%), Saturated Fat: 3.39g (21.21%), Carbohydrates: 3.86g (1.29%), Net Carbohydrates: 3.53g (1.29%), Sugar: 2.7g (3%), Cholesterol: 10.85mg (3.62%), Sodium: 47.81mg (2.08%), Protein: 2.55g (5.1%), Copper: 0.1mg (5.06%), Vitamin K: 4.63µg (4.41%), Phosphorus: 38.45mg (3.85%), Vitamin A: 188.85IU (3.78%), Vitamin B2: 0.05mg (3.22%), Vitamin B6: 0.05mg (2.69%), Calcium: 22.81mg (2.28%), Manganese: 0.04mg (1.91%), Vitamin C: 1.52mg (1.84%), Vitamin E: 0.27mg (1.79%), Iron: 0.3mg (1.65%), Fiber: 0.33g (1.32%), Folate: 5.24µg (1.31%), Vitamin B1: 0.02mg (1.17%), Vitamin B5: 0.11mg (1.11%), Magnesium: 4.05mg (1.01%)