



Cheesy baked onions

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 large onion peeled
- ☐ 125 g mozzarella light roughly chopped
- ☐ 85 g cheddar cheese grated
- ☐ 2 tbsp olives halved (we like Kalamata)
- ☐ 50 g roasted peppers red drained roughly chopped
- ☐ 1 garlic clove crushed
- ☐ 50 g breadcrumbs
- ☐ 1 leaves thyme sprigs

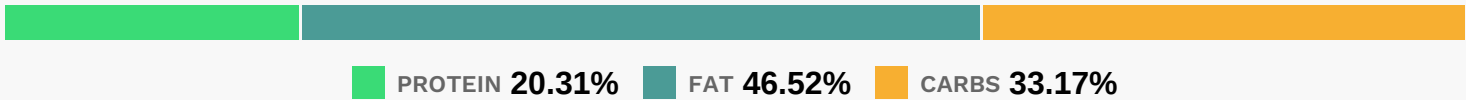
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Halve each onion through the middle. Microwave in pairs for 4 mins on High until soft.
- ☐ Remove the middles of the onions, leaving about 3 outer layers in place, like little bowls.
- ☐ Whizz the onion middles in a food processor until pulpy.
- ☐ Mix with the mozzarella, half the cheddar, the olives, peppers, garlic, crumbs and most of the thyme, then season well. Spoon the filling into the onion cases and transfer to a baking dish.
- ☐ Sprinkle with the remaining cheddar and thyme, then roast for 15 mins until hot through and golden.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:3.5, Inflammation Score:-8, Nutrition Score:12.373043500859%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 30.46mg, Quercetin: 30.46mg, Quercetin: 30.46mg, Quercetin: 30.46mg

Nutrients (% of daily need)

Calories: 299.24kcal (14.96%), Fat: 15.68g (24.12%), Saturated Fat: 8.49g (53.08%), Carbohydrates: 25.16g (8.39%), Net Carbohydrates: 21.72g (7.9%), Sugar: 7.56g (8.4%), Cholesterol: 45.94mg (15.31%), Sodium: 666.09mg (28.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.4g (30.8%), Calcium: 375mg (37.5%), Phosphorus: 276.15mg (27.61%), Selenium: 15.41µg (22.01%), Vitamin C: 17.55mg (21.27%), Manganese: 0.36mg (17.84%), Vitamin B2: 0.28mg (16.42%), Vitamin B12: 0.98µg (16.36%), Zinc: 2.17mg (14.44%), Vitamin B1: 0.21mg (14.07%), Fiber: 3.45g (13.78%), Vitamin B6: 0.25mg (12.75%), Folate: 50.78µg (12.69%), Vitamin A: 519.84IU (10.4%), Potassium: 308.07mg (8.8%), Magnesium: 34.76mg (8.69%), Iron: 1.27mg (7.03%), Copper: 0.13mg (6.28%), Vitamin B3: 1.13mg (5.67%), Vitamin B5: 0.4mg (3.96%), Vitamin E: 0.41mg (2.74%), Vitamin K: 2.72µg (2.59%), Vitamin D: 0.25µg (1.68%)