



Cheesy Baked Vidalia Onions

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



331 kcal

SIDE DISH

Ingredients

- ☐ 4 tablespoons butter
- ☐ 2 tablespoons chicken broth
- ☐ 2 tablespoons cooking wine dry white
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.5 teaspoon hot sauce
- ☐ 4 ounces jarlsberg cheese cut into pieces*
- ☐ 0.5 teaspoon lemon pepper
- ☐ 1 tablespoon seasoning blend

- ☐ 4 small vidalia onions
- ☐ 2 tablespoons worcestershire sauce

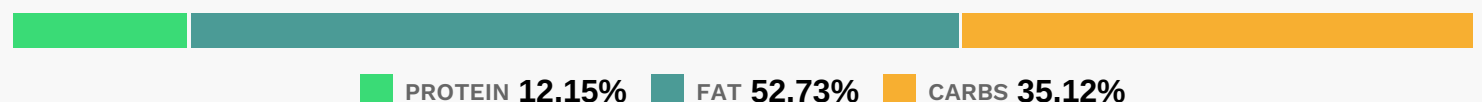
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Peel onions; cut a thin slice from bottom of each one, forming a base for onions to stand on. Scoop out a shallow hole in top of each onion.
- ☐ Place each onion on a 12-inch square of heavy-duty aluminum foil; wrap sides of each one, forming a basin for liquid. Allow some overhang of foil, leaving tops of onions exposed.
- ☐ Stir together broth and next 3 ingredients; drizzle evenly over onions. Stir together seasoning blend, garlic salt, and lemon pepper.
- ☐ Sprinkle about 2 tablespoons of seasoning mixture over each onion. Top each with 1 tablespoon butter.
- ☐ Press foil edges together; gently twist to seal.
- ☐ Place on a baking sheet.
- ☐ Bake at 400 for 1 hour and 15 minutes. Gently unseal foil edges, leaving onions and liquid in foil cups. Top onions evenly with cheese.
- ☐ Broil 5 1/2 inches from heat 1 to 2 minutes or until cheese melts.
- ☐ Serve immediately.
- ☐ * Swiss cheese, Monterey Jack cheese with peppers, or fontina cheese may be substituted for Jarlsberg cheese.
- ☐ Note: For testing purposes only, we used Morton Natures Seasons Seasoning Blend for seasoning blend.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.11, Inflammation Score:-9, Nutrition Score:12.326521614323%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg Myricetin: 3.77mg, Myricetin: 3.77mg, Myricetin: 3.77mg, Myricetin: 3.77mg Quercetin: 48.06mg, Quercetin: 48.06mg, Quercetin: 48.06mg, Quercetin: 48.06mg

Nutrients (% of daily need)

Calories: 331.41kcal (16.57%), Fat: 19.82g (30.49%), Saturated Fat: 7.46g (46.65%), Carbohydrates: 29.69g (9.9%), Net Carbohydrates: 25.08g (9.12%), Sugar: 17.73g (19.7%), Cholesterol: 20.4mg (6.8%), Sodium: 784.32mg (34.1%), Alcohol: 0.77g (100%), Alcohol %: 0.24% (100%), Protein: 10.28g (20.55%), Calcium: 343.25mg (34.32%), Manganese: 0.48mg (24.06%), Vitamin B6: 0.48mg (23.77%), Vitamin K: 24.51µg (23.34%), Folate: 85.86µg (21.46%), Vitamin C: 17.48mg (21.19%), Fiber: 4.61g (18.46%), Vitamin A: 778.51IU (15.57%), Iron: 2.73mg (15.15%), Potassium: 525.13mg (15%), Copper: 0.23mg (11.54%), Magnesium: 42.58mg (10.65%), Phosphorus: 105.26mg (10.53%), Vitamin B1: 0.15mg (10.13%), Vitamin E: 1.19mg (7.92%), Vitamin B2: 0.11mg (6.37%), Vitamin B5: 0.38mg (3.78%), Zinc: 0.56mg (3.76%), Vitamin B3: 0.7mg (3.52%), Selenium: 1.91µg (2.73%)