



Creamed Onions and Sage

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



183 kcal

SIDE DISH

Ingredients

- ☐ 4 tablespoons butter
- ☐ 2 teaspoons sage dried
- ☐ 2 tablespoons flour all-purpose
- ☐ 12 mushrooms fresh sliced
- ☐ 4 tablespoons parsley fresh chopped
- ☐ 2 cups half-and-half cream
- ☐ 2 teaspoons juice of lemon
- ☐ 2 teaspoons lemon zest

- ☐ 24 small onions
- ☐ 1 dash paprika
- ☐ 1 teaspoon salt

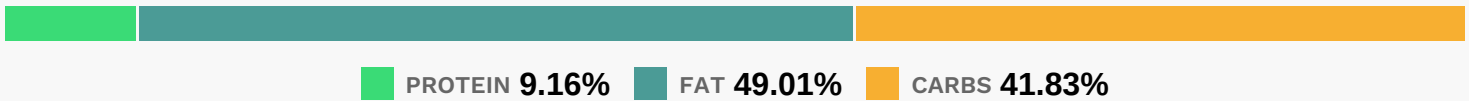
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Peel onions a trim slightly at the top and bottom. Boil the onions gently in salted water until tender (about 30 minutes).
- ☐ Preheat oven to 350 degrees F (175 degrees C). Butter one shallow baking dish.
- ☐ Saute the sliced mushrooms in the butter or margarine. Stir in the flour. Stir in the half and half or milk, salt, sage, 1/2 of the lemon peel and all of the lemon juice. Cook, stirring over medium heat until sauce thickens.
- ☐ Place the cooked onions in the prepared baking dish and pour the mushroom sauce over them.
- ☐ Bake at 350 degrees F (175 degrees C) for about 20 minutes.
- ☐ Sprinkle the top with the chopped parsley, remaining lemon peel and paprika to taste.

Nutrition Facts



Properties

Glycemic Index:23.1, Glycemic Load:4.48, Inflammation Score:-7, Nutrition Score:9.0191304035809%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 3.46mg, Apigenin: 3.46mg, Apigenin: 3.46mg, Apigenin: 3.46mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 8.42mg, Isorhamnetin: 8.42mg, Isorhamnetin: 8.42mg, Isorhamnetin: 8.42mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin:

34.11mg, Quercetin: 34.11mg, Quercetin: 34.11mg, Quercetin: 34.11mg

Nutrients (% of daily need)

Calories: 182.57kcal (9.13%), Fat: 10.39g (15.99%), Saturated Fat: 6.37g (39.81%), Carbohydrates: 19.95g (6.65%), Net Carbohydrates: 16.71g (6.08%), Sugar: 9.66g (10.74%), Cholesterol: 28.98mg (9.66%), Sodium: 306.97mg (13.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.74%), Vitamin K: 28.29µg (26.94%), Vitamin C: 16.41mg (19.89%), Vitamin B2: 0.25mg (14.55%), Fiber: 3.25g (12.98%), Vitamin B6: 0.25mg (12.75%), Manganese: 0.24mg (12.14%), Phosphorus: 119.41mg (11.94%), Potassium: 399.46mg (11.41%), Folate: 43.11µg (10.78%), Calcium: 96.02mg (9.6%), Vitamin A: 455.79IU (9.12%), Vitamin B1: 0.13mg (8.36%), Copper: 0.15mg (7.58%), Selenium: 5.19µg (7.42%), Vitamin B5: 0.73mg (7.28%), Magnesium: 25.27mg (6.32%), Vitamin B3: 1.23mg (6.15%), Zinc: 0.64mg (4.24%), Iron: 0.68mg (3.78%), Vitamin E: 0.31mg (2.04%), Vitamin B12: 0.11µg (1.85%)