



## Creamed Onions and Sage

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



148 kcal

SIDE DISH

### Ingredients

- ☐ 4 tablespoons butter
- ☐ 2 teaspoons sage dried
- ☐ 2 tablespoons flour all-purpose
- ☐ 10 mushrooms fresh sliced
- ☐ 4 tablespoons parsley fresh chopped
- ☐ 2 teaspoons juice of lemon
- ☐ 2 teaspoons lemon zest
- ☐ 24 small onions

- ☐ 2 pinches paprika
- ☐ 1 teaspoon salt
- ☐ 2 cups milk whole

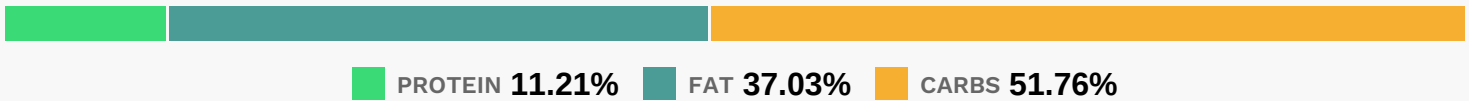
## Equipment

- ☐ oven
- ☐ baking pan

## Directions

- ☐ Peel onions and 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:26.9, Glycemic Load:5.33, Inflammation Score:-7, Nutrition Score:9.0939130886741%

## 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: 148.1kcal (7.41%), Fat: 6.4g (9.84%), Saturated Fat: 3.88g (24.23%), Carbohydrates: 20.12g (6.71%), Net Carbohydrates: 16.85g (6.13%), Sugar: 9.95g (11.06%), Cholesterol: 17.9mg (5.97%), Sodium: 295.92mg (12.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.71%), Vitamin K: 27.96µg (26.63%), Vitamin C: 15.89mg (19.26%), Fiber: 3.27g (13.09%), Vitamin B6: 0.26mg (13.02%), Manganese: 0.25mg (12.27%), Vitamin B2: 0.21mg (12.18%), Phosphorus: 119.87mg (11.99%), Potassium: 400.39mg (11.44%), Calcium: 104.57mg (10.46%), Folate: 41.07µg (10.27%), Vitamin A: 457.09IU (9.14%), Vitamin B1: 0.14mg (9.04%), Vitamin B5: 0.71mg (7.15%), Copper: 0.14mg (6.82%), Magnesium: 26.27mg (6.57%), Selenium: 4.21µg (6.02%), Vitamin B3: 1.1mg (5.52%), Vitamin B12: 0.28µg (4.68%), Zinc: 0.63mg (4.23%), Vitamin D: 0.58µg (3.85%), Iron: 0.68mg (3.76%), Vitamin E: 0.26mg (1.77%)