



## Creamed Onions with Wine



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



230 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 bay leaf
- ☐ 1 teaspoon butter
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 cup heavy whipping cream
- ☐ 8 servings salt to taste
- ☐ 2 pounds onions white boiling peeled
- ☐ 750 milliliter chardonnay wine

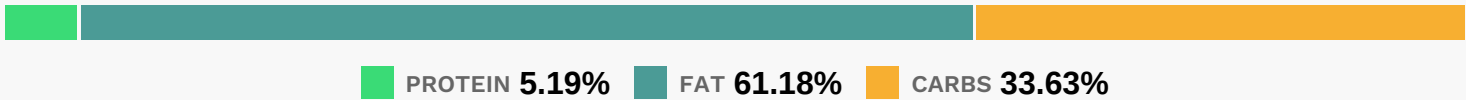
### Equipment

☐ pot

## Directions

- ☐ Place onions in a 2 quart pot.
- ☐ Pour enough wine to cover half of the onions.
- ☐ Add the bay leaf, thyme and salt. Simmer and stir for 25 minutes.
- ☐ Add the cream and bring to a boil; reduce heat and cook until thickened.
- ☐ Remove from heat and stir in the butter.
- ☐ Remove bay leaf and serve.

## Nutrition Facts



## Properties

Glycemic Index:11.5, Glycemic Load:2.73, Inflammation Score:-7, Nutrition Score:5.0973912710729%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 23.02mg, Quercetin: 23.02mg, Quercetin: 23.02mg, Quercetin: 23.02mg

## Nutrients (% of daily need)

Calories: 230.05kcal (11.5%), Fat: 11.36g (17.48%), Saturated Fat: 7.21g (45.08%), Carbohydrates: 14.05g (4.68%), Net Carbohydrates: 12.11g (4.4%), Sugar: 6.43g (7.14%), Cholesterol: 34.96mg (11.65%), Sodium: 215.15mg (9.35%), Alcohol: 9.89g (100%), Alcohol %: 5.24% (100%), Protein: 2.17g (4.34%), Manganese: 0.27mg (13.42%), Vitamin C: 8.59mg (10.41%), Vitamin B6: 0.2mg (9.91%), Vitamin A: 457.17IU (9.14%), Potassium: 288.49mg (8.24%), Fiber: 1.94g (7.77%), Phosphorus: 69.39mg (6.94%), Vitamin B2: 0.11mg (6.4%), Magnesium: 23.98mg (6%), Folate: 23.81µg (5.95%), Calcium: 54.29mg (5.43%), Vitamin B1: 0.06mg (4.2%), Iron: 0.67mg (3.7%), Vitamin D: 0.48µg (3.17%), Copper: 0.05mg (2.73%), Zinc: 0.39mg (2.61%), Vitamin B5: 0.25mg (2.51%), Selenium: 1.66µg (2.37%), Vitamin E: 0.31mg (2.09%), Vitamin K: 1.99µg (1.89%), Vitamin B3: 0.31mg (1.55%)