



Creamed Pearl Onions with Peanuts

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



210 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup bread crumbs
- ☐ 0.3 cup butter divided
- ☐ 0.5 cup roasted peanuts dry coarsely chopped
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 dash ground pepper black
- ☐ 2 cups milk
- ☐ 1 dash paprika
- ☐ 4 cups pearl onions

☐ 1 teaspoon salt

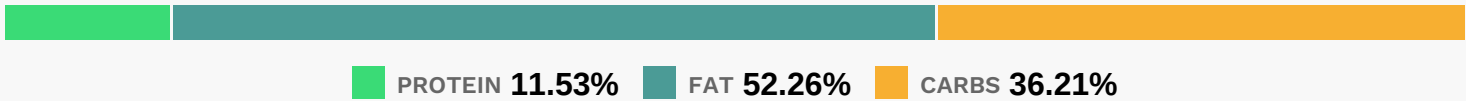
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ In a saucepan over medium heat, melt 2 tablespoons butter, and stir in the flour, salt, paprika, and pepper until smooth. Gradually blend the milk into the saucepan until thickened.
- ☐ Place the onions and nuts in a medium casserole dish.
- ☐ Pour the sauce over the onions and nuts, and toss to coat.
- ☐ In a separate saucepan, melt the remaining butter, and toss with the bread crumbs to coat.
- ☐ Sprinkle over the casserole.
- ☐ Bake 20 minutes in the preheated oven, until bubbly and lightly browned.

Nutrition Facts



Properties

Glycemic Index:29.63, Glycemic Load:4.56, Inflammation Score:-6, Nutrition Score:8.0078260432119%

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: 5.93mg, Isorhamnetin: 5.93mg, Isorhamnetin: 5.93mg, Isorhamnetin: 5.93mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 24.01mg, Quercetin: 24.01mg, Quercetin: 24.01mg, Quercetin: 24.01mg

Nutrients (% of daily need)

Calories: 210.03kcal (10.5%), Fat: 12.68g (19.51%), Saturated Fat: 5.6g (34.99%), Carbohydrates: 19.77g (6.59%), Net Carbohydrates: 16.76g (6.1%), Sugar: 8.63g (9.59%), Cholesterol: 22.57mg (7.52%), Sodium: 427.4mg (18.58%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.3g (12.59%), Manganese: 0.4mg (19.83%), Phosphorus: 139.3mg (13.93%), Fiber: 3.01g (12.03%), Calcium: 116.1mg (11.61%), Vitamin B6: 0.23mg (11.41%), Vitamin C: 8.75mg (10.61%), Vitamin B1: 0.15mg (10.04%), Folate: 38.83µg (9.71%), Potassium: 334.48mg (9.56%), Magnesium: 37.89mg (9.47%), Vitamin B3: 1.89mg (9.45%), Vitamin B2: 0.16mg (9.41%), Selenium: 4.18µg (5.97%), Vitamin B12: 0.35µg (5.89%), Vitamin A: 284.68IU (5.69%), Vitamin B5: 0.54mg (5.39%), Zinc: 0.78mg (5.21%), Copper: 0.1mg (4.93%), Vitamin E: 0.69mg (4.59%), Vitamin D: 0.67µg (4.47%), Iron: 0.65mg (3.64%), Vitamin K: 1.41µg (1.34%)