



Creamed Sweet Onion with Butter Basil Biscuits

READY IN



45 min.

SERVINGS



4

CALORIES



376 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 onion sweet halved sliced
- 4 strips bacon
- 1 tbsp olive oil
- 2 sprigs thyme sprigs fresh
- 1 cup chicken broth
- 0.3 cup wine
- 1 tbsp butter
- 1 tbsp flour

- 0.3 cup half and half
- 1 pinch nutmeg
- 4 servings salt and pepper to taste
- 1.8 flour
- 1 tbsp double-acting baking powder
- 0.5 tsp salt
- 6 tbsp butter unsalted cubed
- 0.3 cup basil fresh
- 0.3 cup basil fresh
- 0.8 half and half

Equipment

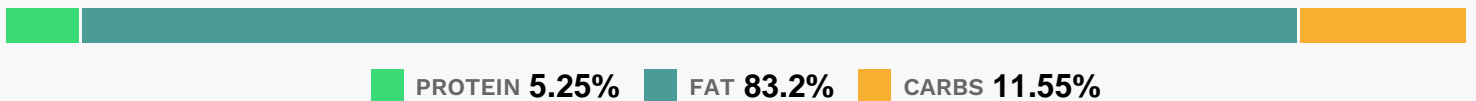
- paper towels
- sauce pan
- oven
- whisk
- mixing bowl
- pot
- blender

Directions

- Preheat oven to 450
- In a heavy bottom pot fry bacon over medium heat until crispy.
- Remove from pot and leave to cool on a plate lined with paper towel.
- Spoon off the bacon grease leaving 2 tbsp worth in the pot.
- Add the olive oil to keep the fat from burning and toss in the onions.
- Sautee for 2-3 minutes.
- Pour in broth and add the two sprigs of thyme.
- Bring the mixture up to a boil and reduce heat and leave to simmer covered for 5 minutes.

- Once onions are tender add white wine and leave to boil until the liquid is reduced by half. About 10 minutes.
- In a small saucepan melt butter over medium heat.
- Whisk in flour until it forms a paste.
- Slowly whisk in half and half until combined.
- Remove from heat and add to the onion mixture. Stir until thickened.
- Remove from heat and set aside.
- Spoon into 4 ramenkins and top each with an uncooked biscuit.
- Place in the oven and cook for 15 minutes until the biscuits are golden brown.
- Remove from the oven and leave to cool for ten minutes before serving.
- FOR THE BISCUITS
- Sift together flour, baking powder, and salt into a large mixing bowl.
- Add butter and basil.
- Cut the butter into the dry mixture using a pastry blender or two knives until it resembles a coarse meal.
- Make a well in the center of the mixture and pour in the half and half.
- Stir until the dough comes together.
- Turn dough onto a well-floured surface.
- Flatten dough to an inch thickness.
- Using a 2 biscuit cutter cut out 12 biscuits.

Nutrition Facts



Properties

Glycemic Index:140.5, Glycemic Load:2.19, Inflammation Score:-8, Nutrition Score:7.9004347826087%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin:

0.08mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg

Nutrients (% of daily need)

Calories: 375.73kcal (18.79%), Fat: 34.48g (53.04%), Saturated Fat: 17.33g (108.31%), Carbohydrates: 10.77g (3.59%), Net Carbohydrates: 9.79g (3.56%), Sugar: 5.28g (5.87%), Cholesterol: 74.48mg (24.83%), Sodium: 1208.28mg (52.53%), Alcohol: 1.55g (8.58%), Protein: 4.89g (9.78%), Calcium: 228.46mg (22.85%), Vitamin A: 867.61IU (17.35%), Vitamin K: 16.81µg (16.01%), Phosphorus: 150.55mg (15.06%), Vitamin B6: 0.19mg (9.49%), Selenium: 6.63µg (9.47%), Manganese: 0.18mg (8.93%), Vitamin B1: 0.13mg (8.92%), Vitamin E: 1.28mg (8.53%), Vitamin B2: 0.13mg (7.39%), Folate: 27.07µg (6.77%), Vitamin B3: 1.34mg (6.71%), Vitamin C: 5.46mg (6.62%), Potassium: 205.41mg (5.87%), Iron: 1.05mg (5.84%), Magnesium: 18.71mg (4.68%), Copper: 0.09mg (4.53%), Fiber: 0.98g (3.93%), Zinc: 0.56mg (3.77%), Vitamin B12: 0.19µg (3.22%), Vitamin B5: 0.31mg (3.05%), Vitamin D: 0.41µg (2.72%)