



Creamy bread & onion sauce

 Vegetarian

READY IN



50 min.

SERVINGS



8

CALORIES



253 kcal

Ingredients

- ☐ 2 onion chopped
- ☐ 2 bay leaves
- ☐ 85 g butter
- ☐ 600 ml milk
- ☐ 5 cloves
- ☐ 8 servings nutmeg good
- ☐ 142 ml double cream
- ☐ 140 g bread white cubed soft crustless

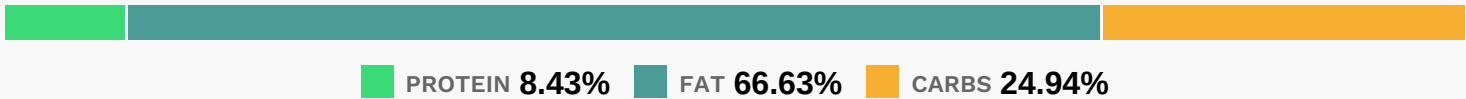
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ In a covered, non-stick pan, gently fry the onions and bay leaves in the butter for 10 mins, until soft.
- ☐ Add the milk and cloves and simmer for 30 mins, stirring now and then.
- ☐ Take out the bay and cloves, then blitz in a food processor until smooth. This will keep for 2 days in the fridge.
- ☐ On the day, tip the cream into a pan, add the onion sauce, then mix well.
- ☐ Add the bread and stir until soft but still textured.
- ☐ Add milk to thin if necessary. Season and serve warm.

Nutrition Facts



Properties

Glycemic Index:30.46, Glycemic Load:6.81, Inflammation Score:-5, Nutrition Score:7.2569564943728%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 253.17kcal (12.66%), Fat: 19.1g (29.39%), Saturated Fat: 11.66g (72.9%), Carbohydrates: 16.09g (5.36%), Net Carbohydrates: 14.46g (5.26%), Sugar: 6.99g (7.77%), Cholesterol: 52.3mg (17.43%), Sodium: 187.08mg (8.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.87%), Manganese: 0.38mg (19.13%), Calcium: 142.35mg (14.24%), Vitamin A: 657.99IU (13.16%), Phosphorus: 126mg (12.6%), Vitamin B2: 0.2mg (11.59%), Selenium: 7.33µg (10.47%), Vitamin B1: 0.14mg (9.27%), Vitamin B12: 0.46µg (7.74%), Vitamin D: 1.14µg (7.58%), Fiber: 1.63g (6.53%), Magnesium: 24.68mg (6.17%), Potassium: 208.77mg (5.96%), Vitamin B3: 1.14mg (5.68%), Folate: 22.73µg (5.68%), Vitamin B6: 0.11mg (5.52%), Vitamin B5: 0.52mg (5.24%), Iron: 0.79mg (4.41%), Zinc: 0.65mg (4.3%), Vitamin E: 0.5mg (3.33%), Copper: 0.06mg (3.02%), Vitamin C: 2.25mg (2.73%), Vitamin K: 2.69µg (2.56%)