



Creamy bread & onion sauce

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



242 kcal

Ingredients

- ☐ 85 g butter
- ☐ 2 onions sliced
- ☐ 2 bay leaves fresh
- ☐ 600 ml milk whole
- ☐ 7 cloves
- ☐ 140 g bread white crustless
- ☐ 142 ml pot double cream

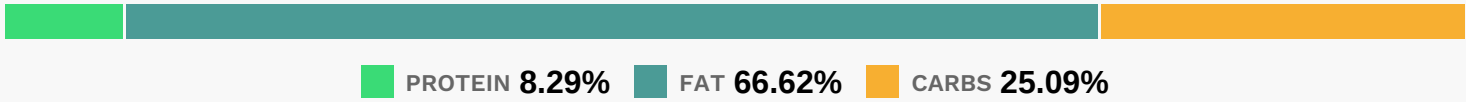
Equipment

- ☐ frying pan

Directions

- ☐ Heat the butter in a pan, add the onions and bay leaves, then gently fry with the lid on for 10 mins until soft, but not coloured.
- ☐ Add milk and cloves, then simmer gently, uncovered, for 30 mins, stirring occasionally.
- ☐ Remove bay and cloves, then tip everything into a processor and blitz with two-thirds of the bread until smooth. Chill for up to two days. To serve, tip the cream into a pan, add the sauce, then stir until mixed. Tear in the remaining bread.
- ☐ Add a little milk if necessary to thin the consistency. Season and serve warm.

Nutrition Facts



Properties

Glycemic Index:23.72, Glycemic Load:8.08, Inflammation Score:-5, Nutrition Score:6.5756520136543%

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: 242.11kcal (12.11%), Fat: 18.22g (28.03%), Saturated Fat: 11.17g (69.81%), Carbohydrates: 15.44g (5.15%), Net Carbohydrates: 14.5g (5.27%), Sugar: 6.35g (7.06%), Cholesterol: 52.3mg (17.43%), Sodium: 187.6mg (8.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.2%), Calcium: 154.04mg (15.4%), Vitamin A: 655.86IU (13.12%), Manganese: 0.25mg (12.48%), Phosphorus: 118.99mg (11.9%), Vitamin B2: 0.19mg (11.4%), Vitamin B1: 0.15mg (9.94%), Selenium: 6.32µg (9.03%), Vitamin B12: 0.46µg (7.74%), Vitamin D: 1.14µg (7.58%), Folate: 25.77µg (6.44%), Potassium: 198.08mg (5.66%), Vitamin B6: 0.1mg (5.2%), Vitamin B3: 0.97mg (4.83%), Vitamin B5: 0.47mg (4.74%), Magnesium: 18.7mg (4.68%), Iron: 0.7mg (3.87%), Zinc: 0.58mg (3.84%), Fiber: 0.94g (3.74%), Vitamin E: 0.51mg (3.39%), Vitamin C: 2.15mg (2.61%), Vitamin K: 1.94µg (1.85%), Copper: 0.04mg (1.8%)