



Easy Onion Cheese Rounds

READY IN



45 min.

SERVINGS



8

CALORIES



177 kcal

SIDE DISH

Ingredients

- 0.5 small onion sweet yellow finely chopped
- 0.5 cup mayonnaise
- 3 tbsp parmesan freshly grated
- 2 tbsp parsley fresh finely chopped
- 8 servings salt and pepper freshly ground
- 8 slices sandwich bread white

Equipment

- bowl

- baking sheet
- oven
- cookie cutter
- broiler

Directions

- Preheat oven to 35
- Mix onion, mayonnaise, parmigiano-reggiano, and parsley in a medium bowl. Season with salt and pepper.
- Remove crusts from the bread. Using a 1" round cookie cutter, cut bread into 32 rounds.
- Place on a cookie sheet and bake, without turning, until golden, 1015 minutes.
- Preheat broiler.
- Spread about 1 tsp. onion mixture onto each round, then sprinkle with more parmigiano-reggiano and brown under broiler for 12 minutes.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.97, Glycemic Load:8.83, Inflammation Score:-3, Nutrition Score:5.5504347826087%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Taste

Sweetness: 43.73%, Saltiness: 74.74%, Sourness: 11.32%, Bitterness: 10.15%, Savoriness: 14.98%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 177.01kcal (8.85%), Fat: 11.88g (18.27%), Saturated Fat: 2.15g (13.45%), Carbohydrates: 14.06g (4.69%), Net Carbohydrates: 13.27g (4.83%), Sugar: 2.48g (2.75%), Cholesterol: 7.16mg (2.38%), Sodium: 434.16mg (18.88%), Protein: 3.36g (6.71%), Vitamin K: 38.54µg (36.71%), Selenium: 6.65µg (9.5%), Vitamin B1: 0.14mg (9.21%), Folate: 34.78µg (8.7%), Manganese: 0.17mg (8.35%), Calcium: 81.64mg (8.16%), Vitamin B3: 1.24mg (6.18%), Iron: 1mg (5.55%), Phosphorus: 50.34mg (5.03%), Vitamin B2: 0.07mg (4.35%), Vitamin E: 0.53mg (3.53%), Fiber: 0.79g (3.17%), Vitamin C: 2.26mg (2.74%), Vitamin B6: 0.05mg (2.68%), Magnesium: 10.06mg (2.51%), Copper: 0.05mg (2.37%), Zinc: 0.33mg (2.2%), Vitamin A: 104.23IU (2.08%), Vitamin B5: 0.19mg (1.91%), Potassium: 63.7mg (1.82%)