



Feta stuffed roasty onions



Vegetarian



Gluten Free

READY IN



115 min.

SERVINGS



2

CALORIES



736 kcal

SIDE DISH

Ingredients

- ☐ 2 medium onion
- ☐ 2 tbsp olive oil extra virgin for drizzling (or oil from the tomatoes)
- ☐ 200 g feta cheese crumbled
- ☐ 50 g brown rice white
- ☐ 1 to 5 chillies red seeded finely chopped
- ☐ 6 pieces sun-dried olives drained chopped
- ☐ 1 large pinch thyme sprigs fresh chopped
- ☐ 2 tbsp parsley chopped

- ☐ 50 g walnut pieces chopped
- ☐ 1 medium eggs beaten

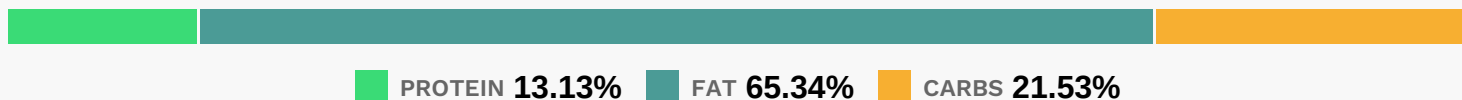
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 190C/gas 5/fan 170C. Peel the onions leaving them whole, removing the first layer of onion as you peel.
- ☐ Cut them in half across the middle and remove several layers from the centre of each using a teaspoon. Fill any holes with a small slice of onion taken from the centre layers. Arrange onion halves, cut side up in a small ovenproof dish.
- ☐ Pour a splash of water into the dish and brush the onions with some of the oil. Cover the dish tightly with foil and bake for 45–50 minutes until they are tender.
- ☐ Meanwhile, finely chop the inner layers.
- ☐ Heat the remaining oil in a medium sized saucepan and fry the chopped onion, stirring occasionally, for 10 minutes until soft and beginning to brown, leave to cool.
- ☐ Mix the cooled chopped onions in a bowl with half the feta, the breadcrumbs, chilli, sun-dried tomatoes, chopped thyme and parsley, walnuts, beaten egg and some salt and freshly ground black pepper. Stir well until everything's combined.
- ☐ Increase the oven to 200C/gas 6/fan 180C. Divide the feta stuffing between the onions, then scatter over the remaining cheese and sprinkle over a few thyme sprigs.
- ☐ Drizzle over a little oil from the tomato jar and cook for 25 minutes until the stuffing is bubbling and the feta is golden brown.

Nutrition Facts



Properties

Glycemic Index:142.38, Glycemic Load:15.53, Inflammation Score:-9, Nutrition Score:35.395651879518%

Flavonoids

Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg Apigenin: 8.21mg, Apigenin: 8.21mg, Apigenin: 8.21mg, Apigenin: 8.21mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 22.34mg, Quercetin: 22.34mg, Quercetin: 22.34mg, Quercetin: 22.34mg

Nutrients (% of daily need)

Calories: 736.38kcal (36.82%), Fat: 54.89g (84.45%), Saturated Fat: 17.66g (110.38%), Carbohydrates: 40.69g (13.56%), Net Carbohydrates: 35.46g (12.89%), Sugar: 7.75g (8.61%), Cholesterol: 170.84mg (56.95%), Sodium: 1184.79mg (51.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.82g (49.63%), Manganese: 2.07mg (103.49%), Vitamin K: 78.17µg (74.45%), Vitamin B2: 1.06mg (62.38%), Phosphorus: 587.57mg (58.76%), Calcium: 575.41mg (57.54%), Vitamin C: 47.11mg (57.1%), Vitamin B6: 0.98mg (49.12%), Selenium: 23.81µg (34.01%), Zinc: 4.79mg (31.92%), Copper: 0.64mg (31.75%), Vitamin B12: 1.89µg (31.43%), Magnesium: 120.86mg (30.22%), Vitamin B1: 0.44mg (29.15%), Folate: 105.75µg (26.44%), Vitamin A: 1110.91IU (22.22%), Fiber: 5.23g (20.94%), Vitamin B5: 2.08mg (20.79%), Vitamin E: 2.81mg (18.72%), Iron: 3.27mg (18.17%), Potassium: 627.06mg (17.92%), Vitamin B3: 3.09mg (15.47%), Vitamin D: 0.84µg (5.6%)