



French Onion Bites

READY IN



60 min.

SERVINGS



36

CALORIES



685 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 36 crusty baguette thin () (from 1 baguette)
- ☐ 1 small bay leaves
- ☐ 1 sprig thyme sprigs fresh
- ☐ 1 garlic clove crushed
- ☐ 1.5 cups gruyere cheese shredded finely (using a microplane, 3 ounces)
- ☐ 1 tablespoon olive oil
- ☐ 4 cups onion chopped
- ☐ 1 tablespoon butter unsalted
- ☐ 0.3 cup wine

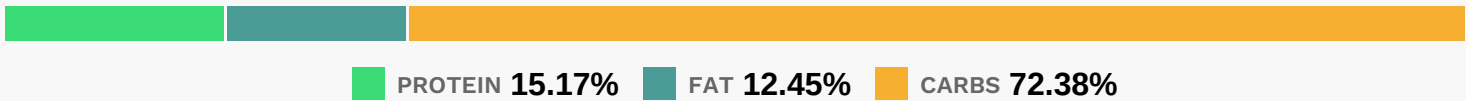
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat oven to 375°F with rack in middle.
- ☐ Arrange slices on a large baking sheet and bake in oven until golden, about 8 minutes.
- ☐ Let cool.
- ☐ Meanwhile, heat butter and oil in a 10-inch heavy skillet over medium heat until butter is melted, then cook onion, garlic, bay leaf, and thyme with 1/2 teaspoon salt and 1/4 teaspoon pepper, covered, stirring occasionally, 10 minutes.
- ☐ Uncover skillet and cook, stirring occasionally, until deep golden, about 10 to 15 minutes more.
- ☐ Add wine and cook until entirely evaporated, 1 to 2 minutes. Discard garlic clove, bay leaf, and thyme.
- ☐ Transfer to a small bowl and keep warm, covered.
- ☐ Preheat broiler.
- ☐ Arrange toasts on a large baking sheet, then top each with a rounded teaspoon of caramelized onions and sprinkle generously with shredded Gruyere. Broil 3- to 4-inches from heat until cheese is melted, 1 to 2 minutes (watch carefully).
- ☐ •Onions can be caramelized 1 week ahead and kept chilled. •Bread slices can be toasted and cheese shredded 3 days ahead. Keep toasts in an airtight container at room temperature and keep cheese chilled.

Nutrition Facts



Properties

Glycemic Index:5.24, Glycemic Load:82.89, Inflammation Score:-8, Nutrition Score:27.087826329729%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg

Nutrients (% of daily need)

Calories: 685.08kcal (34.25%), Fat: 9.32g (14.35%), Saturated Fat: 2.66g (16.63%), Carbohydrates: 122.01g (40.67%), Net Carbohydrates: 116.45g (42.35%), Sugar: 12.52g (13.91%), Cholesterol: 6.89mg (2.3%), Sodium: 1585.13mg (68.92%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 25.57g (51.14%), Vitamin B1: 1.47mg (97.78%), Folate: 271.48µg (67.87%), Selenium: 43.9µg (62.72%), Manganese: 1.19mg (59.4%), Vitamin B3: 11.38mg (56.9%), Vitamin B2: 0.82mg (48.43%), Iron: 8.69mg (48.25%), Calcium: 322.67mg (32.27%), Phosphorus: 276.48mg (27.65%), Fiber: 5.56g (22.23%), Magnesium: 69mg (17.25%), Copper: 0.31mg (15.59%), Zinc: 2.22mg (14.82%), Vitamin B6: 0.29mg (14.39%), Vitamin B5: 1mg (10%), Potassium: 342.21mg (9.78%), Vitamin K: 7.99µg (7.61%), Vitamin E: 0.81mg (5.39%), Vitamin C: 1.39mg (1.68%), Vitamin B12: 0.09µg (1.48%), Vitamin A: 63.71IU (1.27%)