



French Onion Dip with Gruyere Toasts

READY IN



100 min.

SERVINGS



8

CALORIES



386 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 baguette cut into 1/4-inch-thick slices on the bias
- ☐ 2 heads endive separated for serving
- ☐ 2 tablespoons thyme leaves fresh
- ☐ 4 ounces gruyère cheese grated
- ☐ 8 servings kosher salt and pepper freshly ground
- ☐ 0.5 cup mayonnaise
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1.3 cups cup heavy whipping cream sour
- ☐ 1 tablespoon worcestershire sauce

☐ 2 onions diced yellow

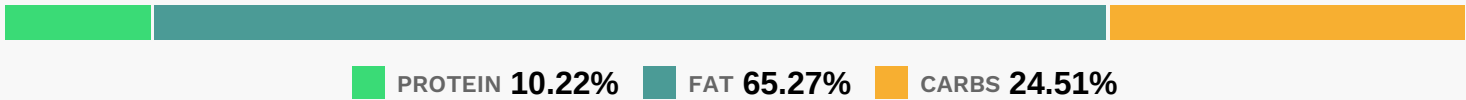
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Heat the oil over medium heat in a large skillet.
- ☐ Add the onions and thyme and cook, stirring occasionally, until onions are very soft and browned, about 15 minutes.
- ☐ Meanwhile, stir together the sour cream, mayonnaise and Worcestershire sauce; season with salt and pepper. Fold in the onion mixture until well combined. Cover and chill for at least 1 hour or up to overnight.
- ☐ Mixture can be stored in an airtight container for up to 3 days.
- ☐ Arrange the bread in an even layer on a baking sheet.
- ☐ Sprinkle each slice with about 1 tablespoon cheese.
- ☐ Bake until the bread is golden brown and crisp and the cheese is melted, 6 to 8 minutes.
- ☐ Serve dip with the cheese toasts and endive leaves.

Nutrition Facts



Properties

Glycemic Index:29.84, Glycemic Load:11.13, Inflammation Score:-10, Nutrition Score:21.222608732141%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 11.54mg, Kaempferol: 11.54mg, Kaempferol: 11.54mg, Kaempferol: 11.54mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 385.77kcal (19.29%), Fat: 28.41g (43.7%), Saturated Fat: 8.91g (55.72%), Carbohydrates: 24g (8%), Net Carbohydrates: 19.14g (6.96%), Sugar: 4.48g (4.98%), Cholesterol: 42.68mg (14.23%), Sodium: 641.9mg (27.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.01g (20.01%), Vitamin K: 287.85µg (274.14%), Vitamin A: 2890.61IU (57.81%), Folate: 203.64µg (50.91%), Manganese: 0.69mg (34.55%), Calcium: 287.75mg (28.78%), Vitamin B1: 0.3mg (20.26%), Fiber: 4.86g (19.43%), Phosphorus: 188.3mg (18.83%), Vitamin B2: 0.31mg (17.98%), Vitamin C: 12.75mg (15.45%), Potassium: 519.1mg (14.83%), Iron: 2.6mg (14.43%), Vitamin B5: 1.4mg (13.96%), Selenium: 9.46µg (13.51%), Vitamin E: 1.98mg (13.23%), Zinc: 1.91mg (12.74%), Vitamin B3: 2mg (9.98%), Magnesium: 39.67mg (9.92%), Copper: 0.19mg (9.38%), Vitamin B6: 0.12mg (6.07%), Vitamin B12: 0.32µg (5.32%)