



## French Onion Melt

 Vegetarian

READY IN



42 min.

SERVINGS



8

CALORIES



219 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 teaspoon pepper black freshly ground
- 4 slices diagonally bread french cut (1/2-inch-thick)
- 1 tablespoon butter
- 8 servings butter softened
- 2 teaspoons cooking sherry dry
- 0.3 teaspoon thyme leaves fresh
- 0.3 teaspoon salt
- 2 small onions sweet halved thinly sliced

4 ounces swiss cheese shredded sliced

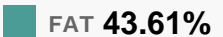

## Equipment

frying pan

## Directions

- Melt 1 tablespoon butter in a large skillet over medium-low heat.
- Add onions, and cook, stirring occasionally, 30 minutes or until dark golden brown. Stir in salt and next 3 ingredients.
- Place 1/4 cup cheese on each of 2 bread slices. Top each evenly with half of onion mixture. Top each with 1/4 cup cheese. Top with remaining 2 bread slices.
- Spread outside of sandwiches with softened butter. Cook in a nonstick skillet over medium heat 2 minutes on each side or until cheese melts and bread is golden brown.

## Nutrition Facts

 **PROTEIN 14.5%**  **FAT 43.61%**  **CARBS 41.89%**

## Properties

Glycemic Index:37.44, Glycemic Load:12.88, Inflammation Score:-6, Nutrition Score:7.9495652447576%

## 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 Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg

## Nutrients (% of daily need)

Calories: 218.87kcal (10.94%), Fat: 10.71g (16.48%), Saturated Fat: 6.22g (38.87%), Carbohydrates: 23.15g (7.72%), Net Carbohydrates: 21.68g (7.88%), Sugar: 5.65g (6.28%), Cholesterol: 27.69mg (9.23%), Sodium: 341.64mg (14.85%), Alcohol: 0.13g (100%), Alcohol %: 0.12% (100%), Protein: 8.01g (16.03%), Selenium: 13.9µg (19.86%), Vitamin B1: 0.26mg (17.55%), Calcium: 161.65mg (16.17%), Folate: 59.92µg (14.98%), Phosphorus: 139.32mg (13.93%), Manganese: 0.24mg (12.1%), Vitamin B2: 0.2mg (11.71%), Iron: 1.51mg (8.37%), Vitamin B3: 1.67mg (8.34%), Vitamin B6: 0.15mg (7.65%), Vitamin B12: 0.44µg (7.33%), Zinc: 1.07mg (7.13%), Fiber: 1.47g (5.89%), Vitamin A: 290.47IU

(5.81%), Magnesium: 22.83mg (5.71%), Copper: 0.1mg (5.15%), Vitamin C: 4.07mg (4.94%), Potassium: 149.71mg (4.28%), Vitamin B5: 0.26mg (2.58%), Vitamin E: 0.33mg (2.17%), Vitamin K: 1.25µg (1.19%)