



French Onion Sandwiches

READY IN



15 min.

SERVINGS



4

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 tablespoons brown sugar
- ☐ 1 ounce bread french
- ☐ 2 teaspoons butter reduced-calorie
- ☐ 1 large onion very thinly sliced
- ☐ 4 ounces swiss cheese shredded reduced-fat

Equipment

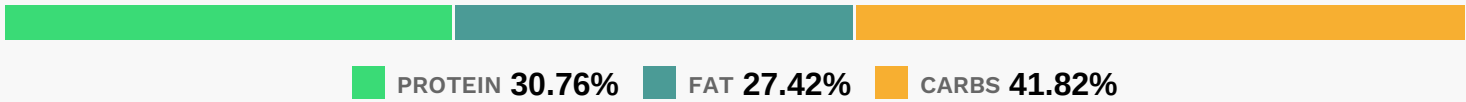
- ☐ baking sheet
- ☐ sauce pan

- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat oven to 37
- ☐ Arrange bread slices on a baking sheet.
- ☐ Bake at 375 for 8 minutes or until lightly toasted.
- ☐ Remove from oven, and leave bread slices on baking sheet.
- ☐ While bread toasts, coat a large heavy saucepan with cooking spray; add margarine, and place over high heat until margarine melts.
- ☐ Add onion, and cook, stirring constantly, 3 minutes or until onion is tender.
- ☐ Add brown sugar, and cook 5 additional minutes or until onion is tender and browned, stirring often.
- ☐ Preheat broiler.
- ☐ Spoon onion mixture evenly on bread slices; top with cheese. Broil 5 1/2 inches from heat 2 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.88, Glycemic Load:3.61, Inflammation Score:-3, Nutrition Score:5.3613043595915%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 120.1kcal (6%), Fat: 3.67g (5.64%), Saturated Fat: 1.41g (8.79%), Carbohydrates: 12.58g (4.19%), Net Carbohydrates: 11.79g (4.29%), Sugar: 6.66g (7.4%), Cholesterol: 9.92mg (3.31%), Sodium: 125.42mg (5.45%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.26g (18.51%), Calcium: 289.23mg (28.92%), Phosphorus: 190.59mg (19.06%), Vitamin B2: 0.14mg (8.43%), Selenium: 5.87µg (8.38%), Zinc: 1.24mg (8.3%), Vitamin B12: 0.48µg (7.98%), Vitamin B1: 0.07mg (4.9%), Manganese: 0.09mg (4.42%), Folate: 17.61µg (4.4%), Magnesium: 16.7mg (4.18%), Vitamin B6: 0.08mg (3.87%), Vitamin C: 2.78mg (3.37%), Fiber: 0.79g (3.17%), Potassium: 101.55mg (2.9%), Vitamin A: 133.27IU (2.67%), Iron: 0.44mg (2.42%), Vitamin B3: 0.42mg (2.08%), Copper: 0.04mg (1.76%)