



Game-Day BBQ Onions

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



359 kcal

SIDE DISH

Ingredients

- 20 oz cream of chicken soup canned
- 0.5 cup milk
- 11 oz mesquite barbecue-flavored potato chips divided
- 2 cups sharp cheddar cheese shredded divided
- 4 onions sweet divided thinly sliced

Equipment

- oven
- whisk

baking pan

Directions

Crush 2 cups of potato chips; set aside.

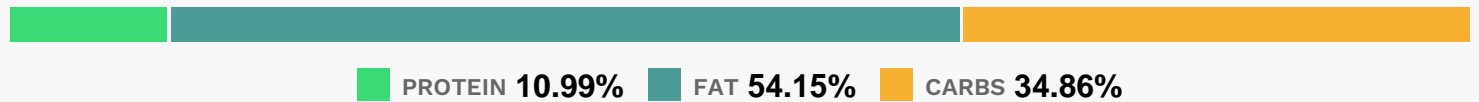
Whisk together soup and milk; set aside.

Place half of onion slices in the bottom of a 13"x9" baking pan coated with non-stick vegetable spray.

Spread uncrushed chips over onions; add one cup cheese and half of soup mixture. Repeat layering. Top with reserved crushed chips.

Bake, uncovered, at 350 degrees for one hour.

Nutrition Facts



Properties

Glycemic Index:10.8, Glycemic Load:2.11, Inflammation Score:-7, Nutrition Score:12.216521874718%

Flavonoids

Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 1.51mg, Myricetin: 1.51mg, Myricetin: 1.51mg, Myricetin: 1.51mg Quercetin: 19.22mg, Quercetin: 19.22mg, Quercetin: 19.22mg, Quercetin: 19.22mg

Nutrients (% of daily need)

Calories: 358.83kcal (17.94%), Fat: 22.05g (33.93%), Saturated Fat: 6.59g (41.18%), Carbohydrates: 31.95g (10.65%), Net Carbohydrates: 29.8g (10.83%), Sugar: 7.72g (8.57%), Cholesterol: 28.6mg (9.53%), Sodium: 725.4mg (31.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.07g (20.13%), Vitamin E: 3.75mg (25.01%), Phosphorus: 216.87mg (21.69%), Calcium: 215.75mg (21.58%), Vitamin B6: 0.36mg (18.04%), Manganese: 0.35mg (17.45%), Vitamin B5: 1.73mg (17.33%), Potassium: 595.25mg (17.01%), Vitamin C: 13.15mg (15.94%), Selenium: 9.15µg (13.07%), Vitamin B2: 0.2mg (11.56%), Copper: 0.23mg (11.36%), Folate: 45.38µg (11.34%), Zinc: 1.56mg (10.37%), Magnesium: 41.4mg (10.35%), Vitamin K: 10.19µg (9.71%), Vitamin B3: 1.91mg (9.54%), Vitamin B1: 0.14mg (9.43%), Fiber: 2.16g (8.63%), Iron: 1.38mg (7.67%), Vitamin A: 350.73IU (7.01%), Vitamin B12: 0.31µg (5.09%), Vitamin D: 0.27µg (1.8%)