



Garlic-Onion Tortilla Cake

READY IN



865 min.

SERVINGS



16

CALORIES



185 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 cup canola oil
- ☐ 12 large flour tortillas
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 0.3 cup mayonnaise
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 5 tablespoons parmesan cheese grated
- ☐ 4 cups onions red finely chopped (5 medium)
- ☐ 2 tablespoons sugar

- ☐ 3 tablespoons butter unsalted
- ☐ 4 heads garlic whole

Equipment

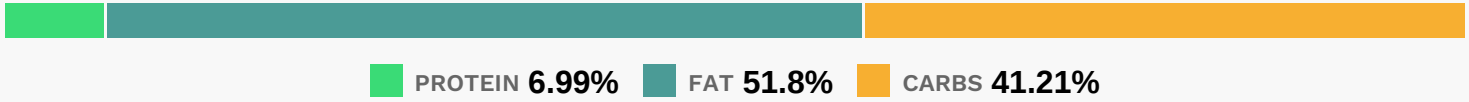
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ grill
- ☐ aluminum foil
- ☐ grill pan

Directions

- ☐ Prepare the roasted garlic: Preheat the oven to 375 degrees.
- ☐ Cut the top 1/2 inch off the garlic heads and discard.
- ☐ Place the heads on a large piece of foil and drizzle with the olive oil. Wrap up foil tightly; place the package in a small baking dish. Roast until the garlic is soft and lightly browned, 1 hour.
- ☐ Combine the canola oil and onions in a large saute pan over medium heat. Cook for 5 minutes, stirring (don't over brown).
- ☐ Add the butter and sugar; cook, stirring to caramelize.
- ☐ Remove from the heat and let cool.
- ☐ Once cooled, mix the onions with the parmesan, mayonnaise and cilantro in a bowl. Squeeze the roasted garlic out of their skins and stir into the onion mixture. Refrigerate for at least 30 minutes.
- ☐ Set aside 1/3 of the onion mixture in the refrigerator for the dipping sauce.
- ☐ Spread 2 tablespoons of the remaining mixture on top of a tortilla and cover with another tortilla. Repeat, spreading and stacking the tortillas; finish with a tortilla with no mixture on top. Wrap the tortilla stack in plastic wrap and let set up for 12 to 24 hours in the refrigerator.

- ☐ After the stack has set up, cut into 16 wedges. Preheat a grill or grill pan; warm wedges over medium heat until both sides are marked.
- ☐ Combine the reserved onion mixture with the balsamic vinegar to make the dipping sauce.
- ☐ Photograph by James Baigrie

Nutrition Facts



Properties

Glycemic Index:18.32, Glycemic Load:6.22, Inflammation Score:-4, Nutrition Score:5.3978260703709%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg

Nutrients (% of daily need)

Calories: 184.51kcal (9.23%), Fat: 10.74g (16.52%), Saturated Fat: 3.01g (18.79%), Carbohydrates: 19.22g (6.41%), Net Carbohydrates: 17.6g (6.4%), Sugar: 4.42g (4.91%), Cholesterol: 8.47mg (2.82%), Sodium: 218.76mg (9.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.52%), Manganese: 0.28mg (14.22%), Vitamin K: 10.49µg (9.99%), Selenium: 6.87µg (9.82%), Vitamin B1: 0.15mg (9.77%), Phosphorus: 80.34mg (8.03%), Vitamin B6: 0.15mg (7.49%), Folate: 29.34µg (7.33%), Calcium: 70.04mg (7%), Fiber: 1.62g (6.46%), Vitamin C: 5.16mg (6.25%), Iron: 1.06mg (5.86%), Vitamin B3: 1.09mg (5.46%), Vitamin E: 0.81mg (5.43%), Vitamin B2: 0.09mg (5.25%), Potassium: 121.34mg (3.47%), Copper: 0.06mg (3.12%), Magnesium: 11.59mg (2.9%), Zinc: 0.35mg (2.3%), Vitamin A: 86.19IU (1.72%), Vitamin B5: 0.14mg (1.42%)