



Garlic-Onion Tortilla Stack

 Vegetarian

READY IN



1010 min.

SERVINGS



8

CALORIES



568 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.7 cup canola oil
- ☐ 12 8-inch flour tortillas
- ☐ 3 tablespoons cilantro leaves fresh minced
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup mayonnaise
- ☐ 8 servings olive oil
- ☐ 2 pounds small-diced onion red

- ☐ 5 tablespoons parmesan grated
- ☐ 0.8 cup roasted garlic
- ☐ 2 tablespoons sugar
- ☐ 3 tablespoons butter unsalted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ grill
- ☐ tongs

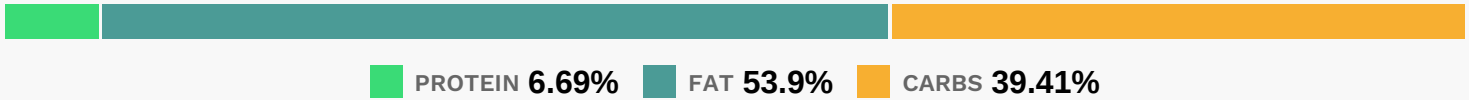
Directions

- ☐ Watch how to make this recipe.
- ☐ Add the garlic to a skillet over low heat with a little olive oil and cook until the garlic just squishes.
- ☐ Meanwhile, in a large skillet over medium heat, heat the canola oil.
- ☐ Add the onions and cook until lightly browned but not overly dark, about 5 minutes, stirring regularly.
- ☐ Add the butter and sugar and cook until the onions have thoroughly browned, 20 to 25 minutes.
- ☐ Add the roasted garlic, Parmesan, mayonnaise, cilantro and salt and pepper to taste and stir to combine.
- ☐ Remove from the heat, transfer to a medium bowl and set aside to cool. Cover and refrigerate for at least 4 hours.
- ☐ Reserve one-third of the mixture in the refrigerator to use to make the dipping sauce. Evenly spread the remaining mixture on the top of 11 of the tortillas. Stack the tortillas on top of one another and top with the remaining tortilla. Wrap the tortilla stack in plastic wrap and refrigerate for 12 to 24 hours to set up.
- ☐ Preheat a grill to medium.

- ☐
- Cut the stack into 16 wedges. Using tongs, grill each wedge on the cut sides until it's warmed and grill marks appear.

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Nutrition Facts



Properties

Glycemic Index:44.01, Glycemic Load:17.96, Inflammation Score:-7, Nutrition Score:15.636086958906%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 23.32mg, Quercetin: 23.32mg, Quercetin: 23.32mg, Quercetin: 23.32mg

Nutrients (% of daily need)

Calories: 568.06kcal (28.4%), Fat: 34.34g (52.83%), Saturated Fat: 8.53g (53.31%), Carbohydrates: 56.49g (18.83%), Net Carbohydrates: 51.58g (18.76%), Sugar: 11.44g (12.71%), Cholesterol: 16.35mg (5.45%), Sodium: 666.15mg (28.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.59g (19.19%), Manganese: 0.76mg (37.87%), Vitamin B1: 0.46mg (30.99%), Selenium: 20.38µg (29.11%), Vitamin K: 29.73µg (28.31%), Folate: 94.67µg (23.67%), Phosphorus: 235.39mg (23.54%), Vitamin E: 3.07mg (20.44%), Calcium: 201.46mg (20.15%), Fiber: 4.9g (19.61%), Iron: 3.39mg (18.86%), Vitamin B3: 3.62mg (18.08%), Vitamin B6: 0.34mg (17.17%), Vitamin B2: 0.27mg (16.17%), Vitamin C: 12.41mg (15.04%), Potassium: 324.64mg (9.28%), Copper: 0.17mg (8.4%), Magnesium: 33.6mg (8.4%), Zinc: 0.85mg (5.68%), Vitamin B5: 0.38mg (3.75%), Vitamin A: 174.24IU (3.48%)