



Giovanna's Yummy Cheese Onions

 Vegetarian

READY IN



56 min.

SERVINGS



6

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 1 teaspoon mustard dry
- 2 tablespoons flour all-purpose
- 0.5 teaspoon ground pepper black
- 1 cup milk
- 2 cups monterrey jack cheese shredded
- 1 teaspoon salt to taste
- 0.5 cup seasoned bread crumbs

- 6 large vidalia onions thinly sliced

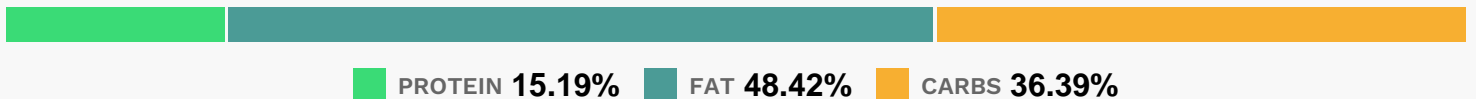
Equipment

- frying pan
- sauce pan
- oven
- whisk
- baking pan
- casserole dish
- broiler

Directions

- Preheat the oven to 400 degrees F (200 degrees C).
- Melt 1/4 cup of butter in a large skillet over medium-low heat.
- Add sliced onions, and cook until wilted and soft, but not browned. Set aside.
- Melt the remaining butter in a saucepan over medium heat.
- Mix in the flour, salt, pepper, and dry mustard. Cook stirring for 2 minutes. Gradually whisk in milk, stirring constantly until thickened.
- Add cheese, and cook, stirring until melted. Set aside.
- Spread half of the onions into the bottom of a 1 quart casserole dish or 11x7 baking dish. Spoon half of the sauce over the onions, then sprinkle with half of the bread crumbs. Repeat layering, and spray the top layer of bread crumbs with cooking spray.
- Bake uncovered for 25 minutes in the preheated oven, then turn on the broiler, and broil for 1 minute, until the top is golden brown.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:2.19, Inflammation Score:-9, Nutrition Score:15.040434878805%

Flavonoids

Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg Myricetin: 3.77mg, Myricetin: 3.77mg, Myricetin: 3.77mg, Myricetin: 3.77mg Quercetin: 48.06mg, Quercetin: 48.06mg, Quercetin: 48.06mg, Quercetin: 48.06mg

Nutrients (% of daily need)

Calories: 388.14kcal (19.41%), Fat: 21.35g (32.84%), Saturated Fat: 12.96g (81.03%), Carbohydrates: 36.11g (12.04%), Net Carbohydrates: 32.49g (11.81%), Sugar: 19.37g (21.52%), Cholesterol: 58.84mg (19.61%), Sodium: 850.06mg (36.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.07g (30.13%), Calcium: 419.92mg (41.99%), Phosphorus: 323.38mg (32.34%), Vitamin B6: 0.51mg (25.26%), Folate: 100.24µg (25.06%), Manganese: 0.4mg (20.16%), Vitamin C: 16.18mg (19.61%), Vitamin B2: 0.33mg (19.26%), Vitamin B1: 0.28mg (18.88%), Selenium: 12µg (17.15%), Potassium: 518.2mg (14.81%), Fiber: 3.62g (14.48%), Magnesium: 51.71mg (12.93%), Zinc: 1.92mg (12.8%), Vitamin A: 615.53IU (12.31%), Copper: 0.23mg (11.52%), Iron: 1.79mg (9.95%), Vitamin B12: 0.58µg (9.72%), Vitamin K: 7.62µg (7.25%), Vitamin B3: 1.3mg (6.52%), Vitamin B5: 0.64mg (6.44%), Vitamin D: 0.67µg (4.49%), Vitamin E: 0.45mg (3%)