



Golden Onions and Eggs on Toast

READY IN



45 min.

SERVINGS



4

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices bread thick country-style toasted ()
- ☐ 2 tablespoons butter
- ☐ 1 cup fat-skimmed beef broth
- ☐ 0.3 cup flour all-purpose
- ☐ 6 large hardboiled eggs
- ☐ 1 cup milk low-fat
- ☐ 1.3 pounds onion thinly sliced
- ☐ 4 servings parsley minced
- ☐ 4 servings salt

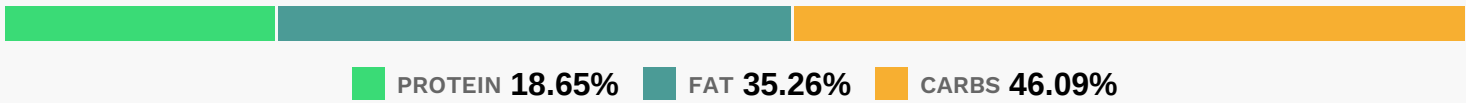
Equipment

☐ frying pan

Directions

- ☐ In an 11- to 12-inch frying pan over medium-high heat, stir onions and butter often until onions are limp and lightly browned, about 10 minutes.
- ☐ Meanwhile, shell eggs and chop.
- ☐ Mix a little broth with flour to make a smooth paste, then add to remaining broth and mix into onion mixture.
- ☐ Add milk and stir over high heat until boiling, then stir about 2 minutes more.
- ☐ Add eggs to sauce and mix well.
- ☐ Spoon sauce onto toast.
- ☐ Sprinkle with parsley and add salt to taste.

Nutrition Facts



Properties

Glycemic Index:48.17, Glycemic Load:21.57, Inflammation Score:-8, Nutrition Score:24.98521738467%

Flavonoids

Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 7.1mg, Isorhamnetin: 7.1mg, Isorhamnetin: 7.1mg, Isorhamnetin: 7.1mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 28.79mg, Quercetin: 28.79mg, Quercetin: 28.79mg, Quercetin: 28.79mg

Nutrients (% of daily need)

Calories: 434.24kcal (21.71%), Fat: 17.04g (26.21%), Saturated Fat: 4.42g (27.64%), Carbohydrates: 50.1g (16.7%), Net Carbohydrates: 45.11g (16.4%), Sugar: 13.13g (14.58%), Cholesterol: 282.7mg (94.23%), Sodium: 880.86mg (38.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.28g (40.55%), Vitamin K: 69.22µg (65.92%), Selenium: 45.08µg (64.4%), Manganese: 0.94mg (46.9%), Vitamin B2: 0.7mg (41.4%), Folate: 129.73µg (32.43%), Phosphorus: 321.73mg (32.17%), Vitamin B1: 0.45mg (29.86%), Calcium: 225.62mg (22.56%), Vitamin A: 1096.94IU (21.94%),

Vitamin B12: 1.31µg (21.88%), Iron: 3.9mg (21.65%), Vitamin B3: 4.24mg (21.21%), Vitamin B5: 2.02mg (20.19%), Fiber: 4.99g (19.97%), Vitamin C: 15.94mg (19.32%), Vitamin B6: 0.37mg (18.7%), Vitamin D: 2.3µg (15.33%), Potassium: 524.75mg (14.99%), Magnesium: 56.22mg (14.05%), Zinc: 1.97mg (13.16%), Copper: 0.18mg (8.83%), Vitamin E: 1.17mg (7.8%)