



Gorgonzola and Caramelized Onion Appetizer

READY IN



55 min.

SERVINGS



16

CALORIES



198 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter
- 1.5 cups onion chopped
- 2 teaspoons brown sugar packed
- 0.5 teaspoon red wine vinegar
- 16 slices bread french baguette-style () (from 10-ounce loaf)
- 3 tablespoons gorgonzola crumbled

Equipment

- frying pan

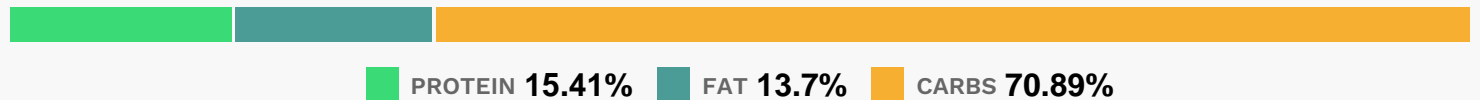
baking sheet

oven

Directions

- Melt butter in 7-inch skillet over medium heat. Cook onions, brown sugar and
- vinegar in butter 20 to 25 minutes, stirring frequently, until onions are golden brown.
- Set oven control to broil.
- Place baguette slices on ungreased cookie sheet.
- Broil with tops 4 to 6 inches from heat 1 to 2 minutes or until lightly toasted.
- Spoon about 1 teaspoon caramelized onions evenly onto each baguette slice.
- Sprinkle with 1/2 teaspoon of the cheese. Broil about 1 minute or until cheese is
- melted.

Nutrition Facts



Properties

Glycemic Index:8.41, Glycemic Load:25.93, Inflammation Score:-4, Nutrition Score:8.422173809746%

Flavonoids

Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 197.57kcal (9.88%), Fat: 3.02g (4.65%), Saturated Fat: 0.98g (6.14%), Carbohydrates: 35.18g (11.73%), Net Carbohydrates: 33.51g (12.19%), Sugar: 4.09g (4.55%), Cholesterol: 1.97mg (0.66%), Sodium: 424.47mg (18.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.65g (15.29%), Vitamin B1: 0.46mg (30.81%), Selenium: 18.77µg (26.81%), Folate: 82.53µg (20.63%), Manganese: 0.36mg (17.77%), Vitamin B2: 0.29mg (16.92%), Vitamin B3: 3.13mg (15.65%), Iron: 2.55mg (14.15%), Phosphorus: 81.94mg (8.19%), Fiber: 1.66g (6.65%), Magnesium: 22.66mg (5.67%), Copper: 0.1mg (5.22%), Calcium: 51.28mg (5.13%), Zinc: 0.76mg (5.07%), Vitamin B6: 0.09mg (4.56%), Potassium: 104.59mg (2.99%), Vitamin B5: 0.28mg (2.79%), Vitamin C: 1.11mg (1.35%), Vitamin E: 0.17mg (1.14%), Vitamin A: 51.63IU (1.03%)