



Gratineed Mustard Creamed Onions

READY IN



300 min.

SERVINGS



8

CALORIES



127 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons cream sherry
- ☐ 1 tablespoon dijon mustard
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoon grainy mustard
- ☐ 0.3 teaspoon nutmeg grated
- ☐ 0.5 cup parmigiano-reggiano grated
- ☐ 2 pound pearl onions white
- ☐ 2 tablespoons butter unsalted
- ☐ 1 cup milk whole

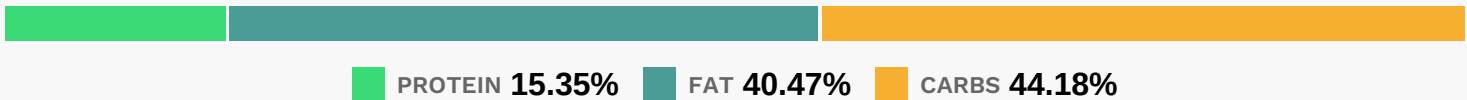
Equipment

- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Cook onions in a large heavy pot of boiling salted water (2 teaspoons salt for 4 quarts water) until just tender, 25 to 30 minutes. Reserve 1 cup cooking water, then drain (reserve pot). Cool onions to warm, then peel.
- ☐ Melt butter in dry pot over medium heat.
- ☐ Add flour and cook, stirring, 2 minutes.
- ☐ Whisk in reserved cooking water, milk, and Sherry and cook, whisking frequently, until mixture is thickened, about 8 minutes.
- ☐ Whisk in mustards, nutmeg, and 1/2 teaspoon each of salt and pepper.
- ☐ Add onions to sauce and simmer 5 minutes.
- ☐ Preheat broiler.
- ☐ Transfer creamed onions to baking dish and sprinkle evenly with cheese. Broil 4 to 5 inches from heat until top is golden brown and bubbling, about 3 minutes.
- ☐ Creamed onions, without cheese, can be made (but not gratinéed) 1 day ahead. Chill, uncovered, until cool, then covered. Bring to room temperature, then reheat in a 400°F oven about 20 minutes before sprinkling with cheese and broiling.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:4.02, Inflammation Score:-6, Nutrition Score:5.4526086708774%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 23.02mg, Quercetin: 23.02mg, Quercetin: 23.02mg, Quercetin: 23.02mg

Nutrients (% of daily need)

Calories: 127.31kcal (6.37%), Fat: 5.71g (8.79%), Saturated Fat: 3.47g (21.67%), Carbohydrates: 14.03g (4.68%), Net Carbohydrates: 11.87g (4.32%), Sugar: 6.46g (7.17%), Cholesterol: 15.44mg (5.14%), Sodium: 158.21mg (6.88%), Alcohol: 0.58g (100%), Alcohol %: 0.45% (100%), Protein: 4.87g (9.75%), Calcium: 141.7mg (14.17%), Phosphorus: 115.13mg (11.51%), Vitamin C: 8.41mg (10.19%), Manganese: 0.19mg (9.29%), Fiber: 2.15g (8.61%), Vitamin B6: 0.17mg (8.34%), Potassium: 229.74mg (6.56%), Folate: 25.89µg (6.47%), Selenium: 4.51µg (6.44%), Vitamin B2: 0.11mg (6.31%), Vitamin B1: 0.09mg (6.28%), Magnesium: 20.71mg (5.18%), Vitamin B12: 0.25µg (4.09%), Vitamin A: 190.68IU (3.81%), Zinc: 0.54mg (3.59%), Vitamin B5: 0.31mg (3.07%), Vitamin D: 0.42µg (2.8%), Copper: 0.05mg (2.67%), Iron: 0.45mg (2.52%), Vitamin B3: 0.32mg (1.6%)