



Grilled baby onions with cream & basil

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



202 kcal

SIDE DISH

Ingredients

- ☐ 500 g onion
- ☐ 200 ml chicken stock see
- ☐ 25 g butter
- ☐ 1 tbsp flour plain
- ☐ 150 ml milk
- ☐ 150 ml double cream
- ☐ 2 egg yolk
- ☐ 1 pinch ground pepper

- ☐ 1 small nutmeg
- ☐ 1 small handful basil shredded

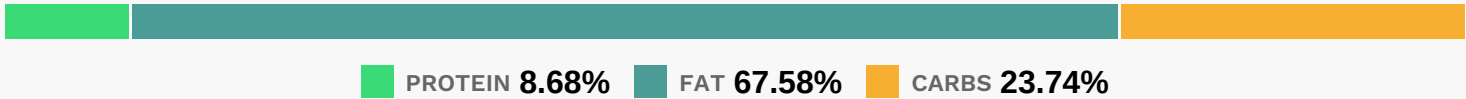
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Simmer the onions in the stock for 30 mins, adding a little water if needed to keep them covered. Meanwhile, in a small pan, melt the butter, then add the flour and cook for 1-2 mins. Stirring constantly, gradually pour in the milk, then the cream, and bring to the boil. When you have a smooth white sauce, remove from the heat. Allow to cool a little before stirring in the egg yolks, spices and seasoning.
- ☐ Heat grill to high.
- ☐ Drain the onions and lay them in a single layer in an ovenproof dish. Spoon over the cream sauce to cover. Grill for 5 mins until lightly browned, then scatter over the basil before serving.

Nutrition Facts



Properties

Glycemic Index:60.33, Glycemic Load:2.94, Inflammation Score:-6, Nutrition Score:6.0473913006161%

Flavonoids

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: 4.18mg, Isorhamnetin: 4.18mg, Isorhamnetin: 4.18mg, Isorhamnetin: 4.18mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 16.92mg, Quercetin: 16.92mg, Quercetin: 16.92mg, Quercetin: 16.92mg

Nutrients (% of daily need)

Calories: 202.11kcal (10.11%), Fat: 15.5g (23.85%), Saturated Fat: 9.21g (57.57%), Carbohydrates: 12.25g (4.08%), Net Carbohydrates: 10.72g (3.9%), Sugar: 6.18g (6.87%), Cholesterol: 106.29mg (35.43%), Sodium: 98.04mg (4.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.48g (8.96%), Vitamin A: 629.65IU (12.59%), Vitamin B2:

0.17mg (10.23%), Phosphorus: 100.62mg (10.06%), Selenium: 6.24µg (8.91%), Vitamin B6: 0.17mg (8.41%), Calcium: 78.65mg (7.86%), Vitamin C: 6.47mg (7.84%), Folate: 30.2µg (7.55%), Vitamin D: 1.01µg (6.73%), Manganese: 0.13mg (6.72%), Potassium: 231.1mg (6.6%), Fiber: 1.53g (6.12%), Vitamin B1: 0.09mg (6.1%), Vitamin B12: 0.3µg (5.06%), Vitamin B5: 0.45mg (4.53%), Magnesium: 16.05mg (4.01%), Vitamin B3: 0.76mg (3.8%), Vitamin E: 0.53mg (3.54%), Zinc: 0.52mg (3.44%), Copper: 0.06mg (3.25%), Iron: 0.52mg (2.87%), Vitamin K: 3.02µg (2.87%)