



Luxury bread & onion sauce

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



117 kcal

Ingredients

- ☐ 25 g butter
- ☐ 1 large onion very finely chopped
- ☐ 1 tsp thyme leaves
- ☐ 1 bay leaves
- ☐ 600 ml milk whole
- ☐ 1 star anise
- ☐ 1 pinch ground cloves
- ☐ 100 g sandwich bread white chopped
- ☐ 2 tbsp crème fraîche

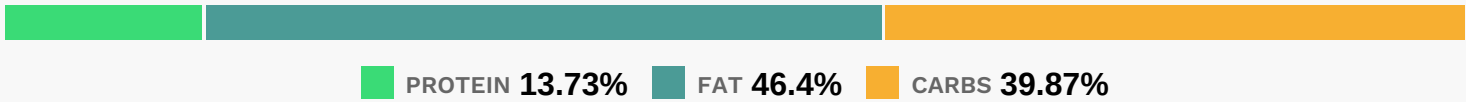
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ immersion blender

Directions

- ☐ Heat the butter in medium pan until just starting to sizzle. Cook the onion over a very low heat with the thyme and bay for 15–20 mins until soft and just lightly golden.
- ☐ Pour the milk into the pan, add the star anise and ground cloves, season and bring to the boil. Turn off the heat and leave to infuse for at least 10 mins. Can be done the night before.
- ☐ Remove the star anise and bay, and add the bread chunks to the pan. Bring back to the boil, then remove from the heat and blitz using a hand blender. Return to the heat, stir in the crme frache and simmer gently for 2 mins until thickened. Can be made ahead and reheated with a splash more milk. Tip into a bowl, sprinkle with cracked pepper, and add the bay leaf, if you like.

Nutrition Facts



Properties

Glycemic Index:29.97, Glycemic Load:6.15, Inflammation Score:-4, Nutrition Score:4.6860869578693%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 116.6kcal (5.83%), Fat: 6.08g (9.36%), Saturated Fat: 3.46g (21.63%), Carbohydrates: 11.76g (3.92%), Net Carbohydrates: 11.11g (4.04%), Sugar: 5.29g (5.87%), Cholesterol: 17.77mg (5.92%), Sodium: 110.86mg (4.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.1%), Calcium: 131mg (13.1%), Phosphorus: 101.4mg (10.14%), Vitamin B2: 0.15mg (8.75%), Vitamin B1: 0.12mg (7.77%), Vitamin B12: 0.43µg (7.16%), Selenium: 4.61µg (6.59%), Manganese: 0.11mg (5.74%), Vitamin D: 0.85µg (5.67%), Potassium: 165.13mg (4.72%), Vitamin A: 228.52IU

(4.57%), Folate: 17.79µg (4.45%), Vitamin B6: 0.08mg (4.2%), Vitamin B5: 0.39mg (3.94%), Magnesium: 15.31mg (3.83%), Vitamin B3: 0.71mg (3.54%), Zinc: 0.48mg (3.21%), Iron: 0.53mg (2.96%), Fiber: 0.65g (2.58%), Vitamin C: 1.61mg (1.95%), Copper: 0.03mg (1.3%), Vitamin E: 0.15mg (1.03%)