



Maui Onion Napoleon with Orange Ginger Sauce

READY IN



25 min.

SERVINGS



4

CALORIES



390 kcal

SIDE DISH

Ingredients

- ☐ 4 basil leaves fresh whole
- ☐ 2 tablespoons dijon mustard
- ☐ 2 teaspoons ginger fresh grated
- ☐ 4 tablespoons thyme leaves fresh chopped
- ☐ 4 ounces goat cheese
- ☐ 12 slices onion 1/
- ☐ 2 tablespoons nam pla Asian fish sauce
- ☐ 0.5 cup olive oil

- ☐ 1 cup olive oil
- ☐ 2 cups orange juice fresh
- ☐ 2 cups orange segents
- ☐ 2 tablespoons rice wine vinegar
- ☐ 2 tablespoons sugar
- ☐ 12 slices vine tomatoes ripe 1/
- ☐ 4 teaspoons sambal hot chili paste

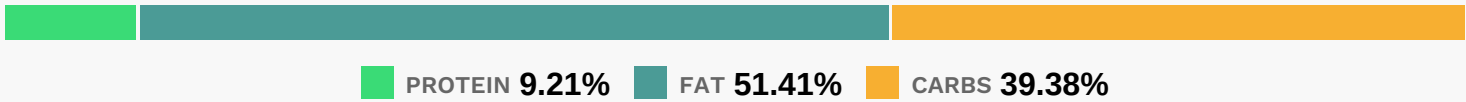
Equipment

- ☐ blender
- ☐ grill

Directions

- ☐ To prepare the sauce, use a blender and combine all of the ingredients except the olive oil and blend well. Slowly add the olive oil while the blender is running to incorporate the ingredients.
- ☐ With each onion slice, rub 1 side with olive oil, thyme, and the Sambal. Grill the onion rings, bigger side down, turn and spread the goat cheese. Grill an additional 30 seconds longer. Continue to stack the onion and cheese, then basil, tomato, and basil again.
- ☐ To serve, spread the sauce onto each plate or a large platter and place the onion napoleons on sauce.

Nutrition Facts



Properties

Glycemic Index:103.65, Glycemic Load:15.57, Inflammation Score:-10, Nutrition Score:18.68869579875%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 39.34mg, Hesperetin: 39.34mg, Hesperetin: 39.34mg, Hesperetin: 39.34mg Naringenin: 16.99mg,

Naringenin: 16.99mg, Naringenin: 16.99mg, Naringenin: 16.99mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 3.44mg, Luteolin: 3.44mg, Luteolin: 3.44mg, Luteolin: 3.44mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 7.28mg, Quercetin: 7.28mg, Quercetin: 7.28mg, Quercetin: 7.28mg

Nutrients (% of daily need)

Calories: 389.6kcal (19.48%), Fat: 23.14g (35.61%), Saturated Fat: 6.49g (40.56%), Carbohydrates: 39.88g (13.29%), Net Carbohydrates: 34.77g (12.64%), Sugar: 30.21g (33.57%), Cholesterol: 13.04mg (4.35%), Sodium: 904.3mg (39.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.33g (18.66%), Vitamin C: 135.2mg (163.88%), Vitamin A: 1788.53IU (35.77%), Folate: 98.56µg (24.64%), Potassium: 764.29mg (21.84%), Copper: 0.43mg (21.7%), Vitamin E: 3.09mg (20.57%), Fiber: 5.11g (20.45%), Manganese: 0.38mg (18.83%), Vitamin B1: 0.28mg (18.7%), Vitamin B6: 0.37mg (18.46%), Magnesium: 71.78mg (17.95%), Vitamin K: 18.75µg (17.85%), Phosphorus: 156.67mg (15.67%), Iron: 2.77mg (15.39%), Vitamin B2: 0.25mg (14.89%), Calcium: 145.34mg (14.53%), Vitamin B3: 1.88mg (9.39%), Vitamin B5: 0.83mg (8.31%), Selenium: 5.09µg (7.27%), Zinc: 0.79mg (5.25%), Vitamin B12: 0.1µg (1.62%)