



Melty onion toasts

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



495 kcal

Ingredients

- ☐ 50 g butter
- ☐ 6 onion sliced
- ☐ 2 tsp brown sugar
- ☐ 1 tablespoon brandy
- ☐ 6 slices sourdough bread
- ☐ 300 g cheddar cheese sliced
- ☐ 6 servings watercress

Equipment

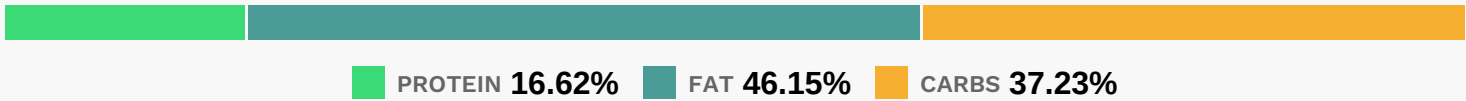
- ☐ frying pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat the butter in a saut pan, add the onions, then sprinkle over the sugar. Sweat the onions for 20 mins over a medium heat, stirring them occasionally, until sticky and golden.
- ☐ Add the brandy, if using, reduce down to nothing, then season to taste. This onion topping can be made 2 days ahead and kept covered.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Toast the bread, spread the onions over, then top with slices of cheese. The toasts can be made up 1 hr ahead.
- ☐ Place on a baking tray, then bake for 15 mins until bubbling and golden.
- ☐ Serve each piece of toast on a plate with a sprig of dressed watercress next to it.

Nutrition Facts



Properties

Glycemic Index:38.58, Glycemic Load:28.29, Inflammation Score:-9, Nutrition Score:23.437826115152%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 8.55mg, Kaempferol: 8.55mg, Kaempferol: 8.55mg, Kaempferol: 8.55mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 32.53mg, Quercetin: 32.53mg, Quercetin: 32.53mg, Quercetin: 32.53mg

Nutrients (% of daily need)

Calories: 495.4kcal (24.77%), Fat: 25.45g (39.16%), Saturated Fat: 14.28g (89.23%), Carbohydrates: 46.2g (15.4%), Net Carbohydrates: 42.75g (15.55%), Sugar: 8.89g (9.88%), Cholesterol: 67.92mg (22.64%), Sodium: 784.53mg (34.11%), Alcohol: 0.83g (100%), Alcohol %: 0.39% (100%), Protein: 20.63g (41.25%), Vitamin K: 87.67µg (83.5%), Selenium: 33.41µg (47.72%), Calcium: 455.77mg (45.58%), Vitamin B1: 0.55mg (36.71%), Vitamin A: 1796.39IU (35.93%), Phosphorus: 350.64mg (35.06%), Vitamin B2: 0.57mg (33.37%), Folate: 113.44µg (28.36%), Manganese: 0.57mg (28.32%), Vitamin C: 22.76mg (27.59%), Zinc: 2.73mg (18.23%), Vitamin B3: 3.31mg (16.56%), Iron: 2.89mg (16.06%), Vitamin B6: 0.28mg (13.98%), Fiber: 3.45g (13.79%), Magnesium: 52.38mg (13.1%), Potassium: 389.65mg

(11.13%), Copper: 0.18mg (9.19%), Vitamin B12: 0.54µg (9.07%), Vitamin E: 1.06mg (7.1%), Vitamin B5: 0.67mg (6.72%), Vitamin D: 0.3µg (2%)