



Mini Caramelized Onion Potato Cakes

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



9

CALORIES



177 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon butter
- 1 large onion sweet spanish thinly sliced (Walla Walla, Bermuda,)
- 0.1 teaspoon salt
- 9.4 oz yukon gold potatoes country style mashed
- 3 cups milk
- 3 cups water
- 6 tablespoons butter
- 0.3 cup gorgonzola crumbled finely

- 1 tablespoon thyme sprigs fresh chopped
- 1 leaves thyme leaves fresh for garnish

Equipment

- frying pan
- sauce pan
- oven
- aluminum foil
- muffin liners

Directions

- Heat oven to 375°F.
- Place foil baking cup in each of 9 regular-size muffin cups.
- In 12-inch nonstick skillet, melt 1 tablespoon butter over medium-high heat. Stir in onion slices to coat with butter. Cook uncovered 10 minutes, stirring every 3 to 4 minutes. Reduce heat to medium-low.
- Sprinkle with salt. Cook 10 to 15 minutes longer, stirring every 5 minutes, until onions are golden brown.
- Remove from skillet; cool slightly. Chop onions.
- Meanwhile, in 4-quart saucepan, heat water, milk and butter to boiling; remove from heat. Stir in potatoes until well blended, then whip with fork until smooth.
- Let stand about 1 minute or until liquid is absorbed. Stir in cheese and chopped thyme.
- Spoon about 3 tablespoons potato mixture in bottom of each muffin cup. Top each with about 1 tablespoon onion.
- Place remaining potato mixture in decorating bag fitted with #1A or desired tip. Pipe remaining potatoes on cupcakes.
- Bake 10 to 15 minutes or until tops are lightly browned.
- Garnish with thyme leaves.
- Let stand 5 minutes before serving.

Nutrition Facts

PROTEIN 10.16% FAT 63.17% CARBS 26.67%

Properties

Glycemic Index:37.64, Glycemic Load:5.3, Inflammation Score:-8, Nutrition Score:6.0773912512738%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg

Nutrients (% of daily need)

Calories: 177.11kcal (8.86%), Fat: 12.71g (19.55%), Saturated Fat: 7.9g (49.4%), Carbohydrates: 12.07g (4.02%), Net Carbohydrates: 10.96g (3.99%), Sugar: 6.02g (6.69%), Cholesterol: 36.31mg (12.1%), Sodium: 190.09mg (8.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.2%), Calcium: 141.65mg (14.16%), Phosphorus: 128.71mg (12.87%), Vitamin C: 9.02mg (10.94%), Vitamin B6: 0.2mg (9.76%), Vitamin A: 479IU (9.58%), Vitamin B2: 0.15mg (9%), Potassium: 309.17mg (8.83%), Vitamin B12: 0.51µg (8.48%), Vitamin D: 0.92µg (6.1%), Magnesium: 23.27mg (5.82%), Vitamin B1: 0.09mg (5.77%), Vitamin B5: 0.51mg (5.15%), Manganese: 0.09mg (4.61%), Fiber: 1.11g (4.43%), Zinc: 0.61mg (4.08%), Folate: 15.43µg (3.86%), Copper: 0.07mg (3.63%), Selenium: 2.53µg (3.62%), Iron: 0.5mg (2.76%), Vitamin B3: 0.51mg (2.55%), Vitamin E: 0.31mg (2.09%), Vitamin K: 1.78µg (1.69%)