

Onion Bake

READY IN



45 min.

SERVINGS



12

CALORIES



487 kcal

SIDE DISH

Ingredients

- 2 cups butter
- 10.8 ounce cream of chicken soup canned
- 1 pound bread french
- 1 cup milk
- 6 onion thinly sliced
- 2 cups mozzarella cheese shredded

Equipment

- frying pan

oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a small pan, melt butter and add onions. Cook 10 to 15 minutes or until soft.
- Remove onions from pan (leave butter in pan) and place in a 9x13 inch pan.
- Combine soup and milk to pour over onions.
- Sprinkle with cheese. Slice bread approximately 1 1/2 inches thick and dip both sides in butter. Arrange on top of cheese.
- Bake for 30 minutes or until bread is golden brown and toasty!

Nutrition Facts

 **PROTEIN 8.42%**  **FAT 68.99%**  **CARBS 22.59%**

Properties

Glycemic Index:22.13, Glycemic Load:17.52, Inflammation Score:-7, Nutrition Score:10.340434800024%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 487.14kcal (24.36%), Fat: 37.94g (58.37%), Saturated Fat: 22.93g (143.34%), Carbohydrates: 27.95g (9.32%), Net Carbohydrates: 26.19g (9.52%), Sugar: 5.41g (6.01%), Cholesterol: 100.56mg (33.52%), Sodium: 776.07mg (33.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.42g (20.84%), Vitamin A: 1151.9IU (23.04%), Selenium: 15.51µg (22.15%), Vitamin B1: 0.32mg (21.06%), Vitamin B2: 0.28mg (16.57%), Calcium: 164.22mg (16.42%), Phosphorus: 159.21mg (15.92%), Folate: 59.89µg (14.97%), Manganese: 0.29mg (14.64%), Iron: 1.95mg (10.85%), Vitamin B3: 2.04mg (10.21%), Vitamin B12: 0.6µg (10%), Zinc: 1.22mg (8.15%), Vitamin E: 1.15mg (7.67%), Fiber: 1.77g (7.07%), Magnesium: 25.54mg (6.39%), Vitamin B6: 0.13mg (6.34%), Copper: 0.11mg (5.68%), Potassium: 190.74mg (5.45%), Vitamin C: 4.1mg (4.96%), Vitamin K: 4.66µg (4.44%), Vitamin B5: 0.39mg (3.86%), Vitamin D: 0.3µg (1.99%)