

Onion Brunch Squares

READY IN



40 min.

SERVINGS



9

CALORIES



186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 teaspoon caraway seeds
- ☐ 3 bacon crumbled cooked
- ☐ 3 eggs lightly beaten
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 large onion chopped
- ☐ 8 ounces regular crescent rolls refrigerated
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cream sour

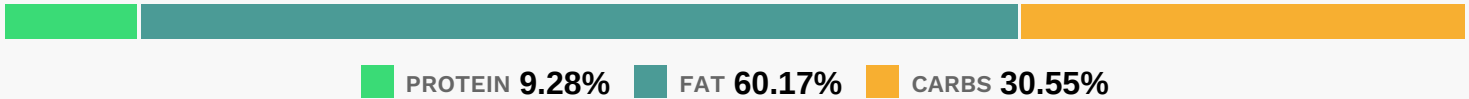
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ In a small skillet saute onions in butter until tender; cool. Meanwhile, in a large bowl, combine the flour, sour cream, salt and caraway seeds if desired until blended.
- ☐ Add eggs and mix well. Stir in bacon and reserved onions.
- ☐ Unroll crescent roll dough into an ungreased 9-in. square baking pan. Press seams together to seal; press dough 1 in. up the sides of pan.
- ☐ Pour onion mixture into crust.
- ☐ Bake at 375° for 25–30 minutes or until a knife inserted near the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:16.89, Glycemic Load:1.15, Inflammation Score:-3, Nutrition Score:3.3082608632419%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.77mg, Quercetin: 6.77mg, Quercetin: 6.77mg, Quercetin: 6.77mg

Nutrients (% of daily need)

Calories: 186kcal (9.3%), Fat: 12.81g (19.71%), Saturated Fat: 5.95g (37.2%), Carbohydrates: 14.63g (4.88%), Net Carbohydrates: 14g (5.09%), Sugar: 4.43g (4.92%), Cholesterol: 71.43mg (23.81%), Sodium: 417.97mg (18.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.89%), Selenium: 6.82µg (9.74%), Vitamin B2: 0.11mg

(6.43%), Phosphorus: 61.04mg (6.1%), Vitamin A: 238.61IU (4.77%), Vitamin B6: 0.09mg (4.26%), Iron: 0.74mg (4.09%), Folate: 15.62µg (3.91%), Vitamin B5: 0.35mg (3.46%), Vitamin B12: 0.19µg (3.2%), Vitamin C: 2.61mg (3.16%), Calcium: 30.8mg (3.08%), Vitamin B1: 0.05mg (3.05%), Potassium: 101.35mg (2.9%), Manganese: 0.06mg (2.83%), Zinc: 0.38mg (2.56%), Fiber: 0.63g (2.53%), Vitamin D: 0.3µg (2.03%), Vitamin B3: 0.4mg (1.98%), Vitamin E: 0.3mg (1.97%), Magnesium: 7.73mg (1.93%), Copper: 0.03mg (1.55%)