



Onion Crema (from Ragazza's Pizza Bianca)

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



211 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cups wine dry white
- ☐ 2 medium cloves garlic sliced
- ☐ 1.5 cups cup heavy whipping cream
- ☐ 8 servings pepper black freshly ground
- ☐ 1 cup onion diced
- ☐ 2 tablespoons butter unsalted

Equipment

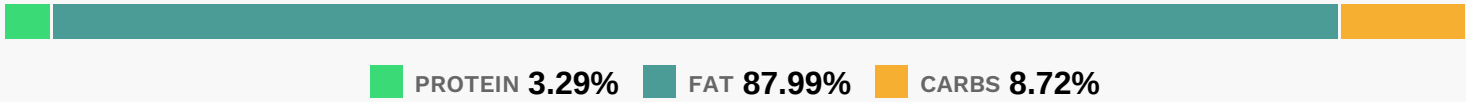
- ☐ sauce pan

- ☐ blender
- ☐ immersion blender

Directions

- ☐ Melt butter in a large saucepan over medium high heat.
- ☐ Add onions and garlic, season with salt and pepper, and cook, stirring frequently, until just starting to brown.
- ☐ Add white wine, bring to a simmer, and cook until liquid is nearly completely reduced.
- ☐ Add cream, bring to a simmer, and cook, stirring frequently, until reduced by 1/3rd, about 10 minutes.
- ☐ Blend ingredients using an immersion blender or a countertop blender. Season to taste with more salt and pepper.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.61, Inflammation Score:-5, Nutrition Score:2.9152174242165%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 210.79kcal (10.54%), Fat: 18.98g (29.19%), Saturated Fat: 12.07g (75.45%), Carbohydrates: 4.23g (1.41%), Net Carbohydrates: 3.85g (1.4%), Sugar: 2.45g (2.72%), Cholesterol: 57.95mg (19.32%), Sodium: 14.88mg (0.65%), Alcohol: 3.09g (100%), Alcohol %: 3.96% (100%), Protein: 1.6g (3.19%), Vitamin A: 744.47IU (14.89%), Vitamin B2: 0.1mg (5.65%), Vitamin D: 0.77µg (5.11%), Manganese: 0.09mg (4.34%), Calcium: 39.39mg (3.94%), Phosphorus: 39.23mg (3.92%), Vitamin E: 0.5mg (3.32%), Vitamin B6: 0.06mg (3.22%), Potassium: 98.07mg (2.8%), Vitamin C: 1.98mg (2.4%), Selenium: 1.62µg (2.31%), Magnesium: 8.55mg (2.14%), Vitamin K: 2.05µg (1.95%), Vitamin B5: 0.16mg (1.62%), Fiber: 0.38g (1.52%), Folate: 6.03µg (1.51%), Vitamin B1: 0.02mg (1.43%), Vitamin B12: 0.08µg (1.29%), Zinc:

0.19mg (1.27%), Iron: 0.19mg (1.06%)