



Onion Gratin



Gluten Free



Popular

READY IN



60 min.

SERVINGS



4

CALORIES



423 kcal

SIDE DISH

Ingredients

- ☐ 1 cup heavy cream
- ☐ 4 servings olive oil
- ☐ 0.3 cup parmigiano reggino grated (parmesan)
- ☐ 4 servings salt and pepper to taste
- ☐ 1 teaspoon thyme leaves chopped
- ☐ 0.3 cup white wine
- ☐ 4 large onions yellow peeled sliced into 1/4 inch slices

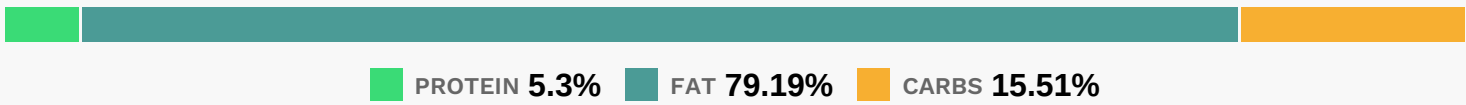
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Spread the onion slices out in a baking dish and drizzle them with olive oil.Season with salt and pepper and sprinkle with the thyme.
- ☐ Bake in a preheated 375F oven for 15 minutes.Meanwhile heat the heavy cream and wine in a sauce pan until it starts to bubble on the edges.
- ☐ Transfer the onions to a baking dish and spoon the cream onto.Cover in foil and bake for another 25 minutes.
- ☐ Remove the foil and sprinkle the parmigiano regginao on top.Increase the temperature to 450F and bake until golden brown, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:3.23, Inflammation Score:-9, Nutrition Score:8.3186956073927%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 30.46mg, Quercetin: 30.46mg, Quercetin: 30.46mg, Quercetin: 30.46mg

Nutrients (% of daily need)

Calories: 423.36kcal (21.17%), Fat: 37.25g (57.31%), Saturated Fat: 16.71g (104.42%), Carbohydrates: 16.41g (5.47%), Net Carbohydrates: 13.79g (5.02%), Sugar: 8.29g (9.21%), Cholesterol: 71.49mg (23.83%), Sodium: 317.05mg (13.79%), Alcohol: 1.54g (100%), Alcohol %: 0.8% (100%), Protein: 5.61g (11.22%), Vitamin A: 950.22IU (19%), Vitamin

E: 2.61mg (17.38%), Calcium: 151.4mg (15.14%), Vitamin C: 12.26mg (14.86%), Phosphorus: 124.61mg (12.46%),
Manganese: 0.22mg (11.1%), Vitamin B6: 0.22mg (10.79%), Vitamin K: 11.1µg (10.57%), Fiber: 2.62g (10.48%), Vitamin
B2: 0.18mg (10.45%), Potassium: 295.15mg (8.43%), Folate: 31.69µg (7.92%), Vitamin D: 0.98µg (6.56%),
Magnesium: 24.22mg (6.05%), Selenium: 3.96µg (5.65%), Vitamin B1: 0.08mg (5.62%), Zinc: 0.6mg (3.98%),
Vitamin B5: 0.37mg (3.73%), Copper: 0.07mg (3.53%), Iron: 0.63mg (3.52%), Vitamin B12: 0.17µg (2.84%), Vitamin
B3: 0.25mg (1.27%)