



Onion Toasts in Herb Broth

READY IN



45 min.

SERVINGS



4

CALORIES



469 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 cups herb broth (or 1 cup vegetable broth and 2 cups water)
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 ounces gruyère cheese grated
- ☐ 1 tablespoon olive oil
- ☐ 8 cups onion vertically sliced
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 12 ounce sourdough bread
- ☐ 1.5 teaspoons or dried fresh chopped

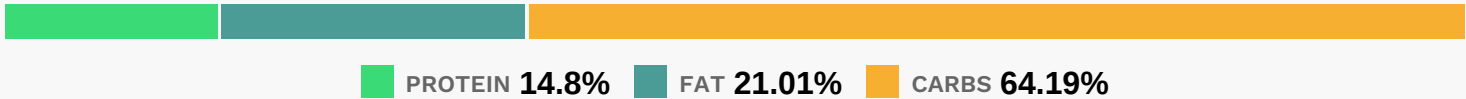
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven coated with cooking spray over medium-high heat.
- ☐ Add onion; cook 20 minutes or until deep golden brown, stirring frequently.
- ☐ Preheat oven to 45
- ☐ Place bread slices in a single layer in an 11 x 7-inch baking dish. Spoon the caramelized onions over bread; sprinkle with cheeses and sage. Bring Herb Broth to a boil in a small saucepan.
- ☐ Pour broth around sides of dish to avoid disturbing bread layers.
- ☐ Bake at 450 for 22 minutes or until cheese melts.
- ☐ Sprinkle with parsley and pepper.

Nutrition Facts



Properties

Glycemic Index:54.13, Glycemic Load:41.67, Inflammation Score:-9, Nutrition Score:22.014782776003%

Flavonoids

Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 16.03mg, Isorhamnetin: 16.03mg, Isorhamnetin: 16.03mg, Isorhamnetin: 16.03mg Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 64.96mg, Quercetin: 64.96mg, Quercetin: 64.96mg, Quercetin: 64.96mg

Nutrients (% of daily need)

Calories: 468.94kcal (23.45%), Fat: 11.17g (17.19%), Saturated Fat: 4.14g (25.87%), Carbohydrates: 76.81g (25.6%), Net Carbohydrates: 69.42g (25.24%), Sugar: 19.06g (21.18%), Cholesterol: 17.77mg (5.92%), Sodium: 1375.41mg

(59.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.72g (35.43%), Vitamin B1: 0.76mg (50.77%), Manganese: 0.88mg (44.09%), Folate: 168.62µg (42.16%), Selenium: 28.86µg (41.23%), Vitamin C: 25.02mg (30.33%), Fiber: 7.39g (29.56%), Vitamin B2: 0.5mg (29.36%), Calcium: 285.68mg (28.57%), Phosphorus: 284.52mg (28.45%), Vitamin B6: 0.49mg (24.54%), Iron: 4.14mg (22.98%), Vitamin B3: 4.5mg (22.52%), Vitamin K: 21.66µg (20.62%), Potassium: 590.43mg (16.87%), Magnesium: 66.07mg (16.52%), Zinc: 2.1mg (14.02%), Copper: 0.26mg (13.15%), Vitamin A: 624.95IU (12.5%), Vitamin B5: 0.77mg (7.71%), Vitamin E: 0.81mg (5.4%), Vitamin B12: 0.26µg (4.34%)