

Onions Au Gratin

READY IN



30 min.

SERVINGS



6

CALORIES



260 kcal

SIDE DISH

Ingredients

- 0.5 cup beef broth
- 0.3 cup butter
- 2 tablespoons flour all-purpose
- 0.5 cup heavy whipping cream
- 0.5 cup parmesan cheese grated
- 0.1 teaspoon pepper
- 0.3 teaspoon salt
- 0.5 cup swiss cheese shredded
- 6 onion yellow halved sliced

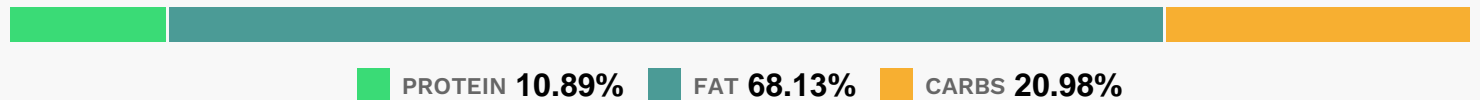
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat the oven to 350 degrees F (175 degrees C). Grease an 8 inch square baking dish.
- Melt the butter in a large skillet over medium heat.
- Add onions; cook and stir until tender, about 5 minutes.
- Transfer to the prepared baking dish. In a medium bowl, stir together the beef broth and flour until smooth.
- Mix in the cream and season with salt and pepper; pour over the onions.
- Sprinkle Swiss cheese and Parmesan cheese over the top.
- Bake for 25 to 30 minutes in the preheated oven, until cheese is golden brown and the sauce is bubbly.

Nutrition Facts



Properties

Glycemic Index:35.17, Glycemic Load:3.69, Inflammation Score:-7, Nutrition Score:6.8913043892902%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg

Nutrients (% of daily need)

Calories: 260.31kcal (13.02%), Fat: 20.13g (30.97%), Saturated Fat: 12.43g (77.66%), Carbohydrates: 13.95g (4.65%), Net Carbohydrates: 12g (4.36%), Sugar: 5.26g (5.85%), Cholesterol: 58.37mg (19.46%), Sodium: 404.41mg (17.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.24g (14.48%), Calcium: 196.25mg (19.62%), Phosphorus: 155.53mg (15.55%), Vitamin A: 677.13IU (13.54%), Selenium: 7.86µg (11.22%), Vitamin C: 8.26mg (10.01%), Manganese: 0.17mg (8.71%), Vitamin B2: 0.14mg (8.4%), Fiber: 1.95g (7.79%), Vitamin B6: 0.16mg (7.77%), Vitamin B12: 0.45µg (7.44%), Folate: 28.27µg (7.07%), Zinc: 1.02mg (6.77%), Potassium: 217.48mg (6.21%), Vitamin B1: 0.08mg (5.22%), Magnesium: 19.49mg (4.87%), Vitamin E: 0.52mg (3.48%), Copper: 0.06mg (2.84%), Vitamin B5: 0.28mg (2.78%), Iron: 0.46mg (2.54%), Vitamin D: 0.36µg (2.39%), Vitamin B3: 0.46mg (2.3%), Vitamin K: 2.08µg (1.98%)