



Pearl Baked Cream Onions

READY IN



55 min.

SERVINGS



6

CALORIES



457 kcal

SIDE DISH

Ingredients

- 0.3 cup butter melted
- 2.5 cups buttery round crackers crushed
- 1.3 cups heavy cream
- 4 cups pearl onions
- 0.5 teaspoon pepper
- 0.5 teaspoon salt

Equipment

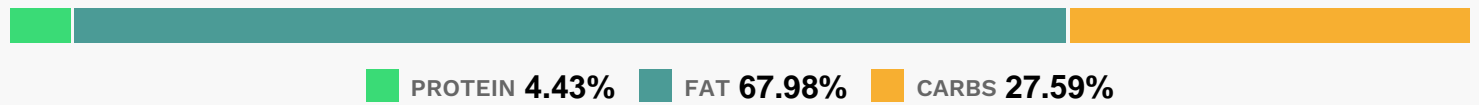
- oven

casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place onions in a 2 quart casserole dish and season with salt and pepper.
- Pour melted butter over onions and sprinkle crushed crackers on top.
- Pour cream over crackers.
- Bake in preheated oven for 50 minutes.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:3.28, Inflammation Score:-8, Nutrition Score:9.8373913661293%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 7.9mg, Isorhamnetin: 7.9mg, Isorhamnetin: 7.9mg, Isorhamnetin: 7.9mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 32.02mg, Quercetin: 32.02mg, Quercetin: 32.02mg, Quercetin: 32.02mg

Nutrients (% of daily need)

Calories: 456.75kcal (22.84%), Fat: 35.29g (54.29%), Saturated Fat: 20.08g (125.49%), Carbohydrates: 32.23g (10.74%), Net Carbohydrates: 28.93g (10.52%), Sugar: 10.28g (11.42%), Cholesterol: 86.88mg (28.96%), Sodium: 516mg (22.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.17g (10.34%), Vitamin A: 1096.68IU (21.93%), Manganese: 0.36mg (18.04%), Vitamin K: 15.98µg (15.22%), Phosphorus: 147.96mg (14.8%), Vitamin C: 11.99mg (14.53%), Fiber: 3.3g (13.19%), Vitamin B1: 0.19mg (12.96%), Folate: 50.49µg (12.62%), Vitamin B2: 0.21mg (12.52%), Calcium: 113.57mg (11.36%), Vitamin E: 1.68mg (11.23%), Vitamin B6: 0.22mg (11.18%), Potassium: 315.56mg (9.02%), Iron: 1.52mg (8.46%), Vitamin B3: 1.44mg (7.22%), Magnesium: 24.77mg (6.19%), Vitamin D: 0.85µg (5.64%), Selenium: 3.66µg (5.23%), Copper: 0.1mg (5.03%), Vitamin B5: 0.44mg (4.38%), Zinc: 0.56mg (3.74%), Vitamin B12: 0.11µg (1.77%)