



## Pull-Apart Cheesy Onion Bread

READY IN



45 min.

SERVINGS



8

CALORIES



188 kcal

BREAD

### Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup buttermilk
- ☐ 2 cups flour for dusting all-purpose plus more
- ☐ 3 ounces coarsely gruyère cheese shredded
- ☐ 8 servings kosher salt and pepper freshly ground
- ☐ 1 onion finely chopped
- ☐ 1 tablespoon poppy seeds
- ☐ 1 teaspoon salt

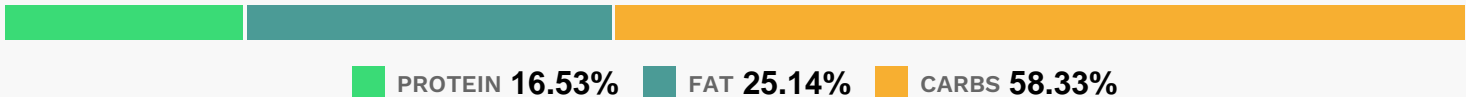
# Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ loaf pan

# Directions

- ☐ Preheat the oven to 42
- ☐ Butter a 9-by-4 1/2-inch metal loaf pan. In a large skillet, melt the 1/2 stick of uncubed butter; pour 2 tablespoons of the melted butter into a small bowl and reserve.
- ☐ Add the chopped onion to the skillet and cook over moderate heat, stirring occasionally, until it is softened, about 8 minutes. Stir in the poppy seeds and season with salt and pepper. Scrape the onion mixture onto a plate and refrigerate for 5 minutes, until cooled slightly. Stir in the Gruyre.
- ☐ Meanwhile, in a food processor, pulse the flour with the baking powder, baking soda and salt.
- ☐ Add the cubed butter and pulse until it is the size of small peas.
- ☐ Add the buttermilk and pulse 5 or 6 times, just until a soft dough forms.
- ☐ Turn the dough out onto a well-floured work surface and knead 2 or 3 times. Pat or roll the dough into a 2-by-24-inch rectangle.
- ☐ Spread the onion mixture on top.
- ☐ Cut the dough crosswise into 10 pieces. Stack 9 pieces onion side up, then top with the final piece, onion-side down. Carefully lay the stack in the prepared loaf pan and brush with the reserved butter.
- ☐ Bake the loaf in the center of the oven for about 30 minutes, until it is golden and risen.
- ☐ Let the bread cool for at least 15 minutes before unmolding and serving.

# Nutrition Facts



## Properties

Glycemic Index:28.75, Glycemic Load:18.25, Inflammation Score:-4, Nutrition Score:7.9782608436502%

## Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

## Nutrients (% of daily need)

Calories: 188.19kcal (9.41%), Fat: 5.21g (8.02%), Saturated Fat: 2.68g (16.78%), Carbohydrates: 27.23g (9.08%), Net Carbohydrates: 25.93g (9.43%), Sugar: 2.2g (2.45%), Cholesterol: 14.99mg (5%), Sodium: 767.75mg (33.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.71g (15.43%), Calcium: 224.96mg (22.5%), Selenium: 13.47µg (19.24%), Vitamin B1: 0.28mg (18.78%), Phosphorus: 159.25mg (15.93%), Folate: 63.29µg (15.82%), Manganese: 0.31mg (15.53%), Vitamin B2: 0.24mg (14.15%), Iron: 1.73mg (9.61%), Vitamin B3: 1.91mg (9.55%), Zinc: 0.86mg (5.74%), Fiber: 1.3g (5.2%), Vitamin B12: 0.31µg (5.13%), Magnesium: 19.26mg (4.82%), Copper: 0.08mg (4%), Vitamin B5: 0.33mg (3.31%), Potassium: 111.01mg (3.17%), Vitamin D: 0.45µg (3.03%), Vitamin A: 150.56IU (3.01%), Vitamin B6: 0.05mg (2.62%), Vitamin C: 1.03mg (1.25%)