



Quick Onion Loaf

 Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



320 kcal

SIDE DISH

Ingredients

- ☐ 16.3 oz grands flaky refrigerator biscuits refrigerated pillsbury® canned (8 biscuits)
- ☐ 1 tablespoon butter
- ☐ 1 clove garlic finely chopped
- ☐ 1 cup onion chopped
- ☐ 2 tablespoons parsley

Equipment

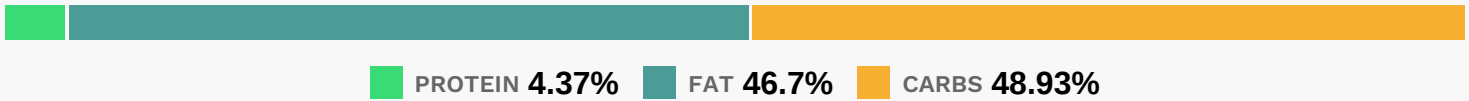
- ☐ frying pan
- ☐ oven

- ☐ loaf pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350°F. In 8-inch skillet, melt butter over medium heat.
- ☐ Add onions and garlic; cook 5 to 8 minutes, stirring occasionally, until onions are tender.
- ☐ Remove from heat; cool slightly. Stir in parsley.
- ☐ Separate dough into 8 biscuits. Spoon onion mixture on 1 side of each biscuit. In ungreased 8x4- or 9x5-inch loaf pan, stand biscuits on rounded edge, with plain side of end biscuits toward pan.
- ☐ Bake 8x4-inch pan 50 to 60 minutes, 9x5-inch pan 35 to 45 minutes, or until deep golden brown. Cover with foil during last 10 to 15 minutes of baking to prevent excessive browning. Immediately remove from pan.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:23.55, Inflammation Score:-4, Nutrition Score:5.9856521525299%

Flavonoids

Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 319.5kcal (15.97%), Fat: 16.59g (25.53%), Saturated Fat: 4.99g (31.17%), Carbohydrates: 39.11g (13.04%), Net Carbohydrates: 37.88g (13.77%), Sugar: 13.36g (14.85%), Cholesterol: 0mg (0%), Sodium: 223.53mg (9.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.99%), Manganese: 0.33mg (16.42%), Vitamin B1: 0.22mg (14.33%), Folate: 51.52µg (12.88%), Vitamin K: 13.24µg (12.61%), Vitamin B2: 0.2mg (11.75%), Iron: 1.88mg (10.44%), Vitamin E: 1.51mg (10.08%), Vitamin B3: 1.97mg (9.85%), Selenium: 3.81µg (5.44%), Fiber: 1.23g (4.93%), Phosphorus: 47.08mg (4.71%), Vitamin B6: 0.07mg (3.72%), Copper: 0.06mg (3.24%), Magnesium: 12.23mg

(3.06%), Potassium: 95.68mg (2.73%), Vitamin C: 2.23mg (2.7%), Vitamin A: 122.4IU (2.45%), Zinc: 0.35mg (2.32%),
Vitamin B5: 0.21mg (2.08%), Calcium: 19.01mg (1.9%)