



Red Onion-Balsamic Topper

 Vegetarian  Gluten Free

READY IN



38 min.

SERVINGS



38

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp heinz balsamic vinegar
- 0.3 cup knudsen cream light sour
- 1 Tbsp olive oil
- 48 rosemary and olive oil woven wheat crackers
- 1 onion red separated thinly sliced

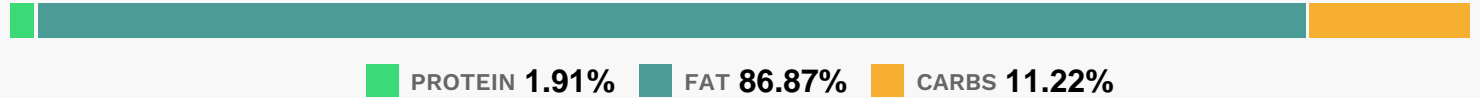
Equipment

- frying pan

Directions

- Heat oil in large skillet on medium heat.
- Add onions; cook 10 min. or until tender, stirring frequently. Stir in vinegar; cook 1 to 2 min. or until vinegar is evaporated. Cool.
- Top crackers with onion mixture and sour cream just before serving.

Nutrition Facts



Properties

Glycemic Index:2.03, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:0.2382608703945%

Flavonoids

Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 18.38kcal (0.92%), Fat: 1.79g (2.76%), Saturated Fat: 0.33g (2.04%), Carbohydrates: 0.52g (0.17%), Net Carbohydrates: 0.47g (0.17%), Sugar: 0.25g (0.28%), Cholesterol: 0.53mg (0.18%), Sodium: 1.6mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.09g (0.18%), Vitamin E: 0.24mg (1.6%)