



## Roasted Maui Onion with Creamy Pamesan

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.3 cup vermouth dry
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 1 heavy cream
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan cheese grated
- ☐ 4 servings salt an pepper

### Equipment

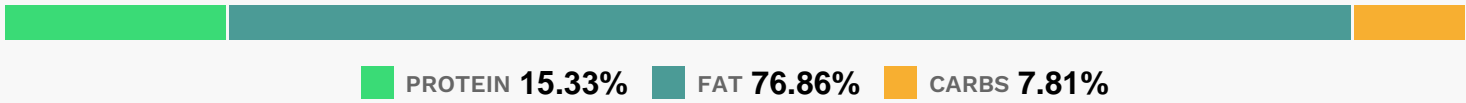
- ☐ baking sheet

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

## Directions

- ☐ Heat the cream and vermouth in a saucepan until it starts to bubble around the edges. Toss in the garlic cloves, and turn off the heat.
- ☐ Let the garlic steep in the cream about ½ hour. Then remove the garlic.
- ☐ Pre-heat the oven to 375 degrees F.
- ☐ Spread the onions onto a baking sheet and drizzle them with olive oil.
- ☐ Season with salt and pepper and sprinkle with the thyme.
- ☐ Bake 15 minutes.
- ☐ Transfer the onions to a baking dish and spoon the cream onto them.
- ☐ Cover in foil and bake for another 30 minutes.
- ☐ Remove the foil and sprinkle the Parmigiano Reggiano on top.
- ☐ Raise the temperature to 450F and bake until golden brown, about 5 minutes.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:18, Glycemic Load:0.14, Inflammation Score:-8, Nutrition Score:1.7321739242129%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg

## Nutrients (% of daily need)

Calories: 70.06kcal (3.5%), Fat: 5.23g (8.05%), Saturated Fat: 1.57g (9.84%), Carbohydrates: 1.2g (0.4%), Net Carbohydrates: 0.95g (0.35%), Sugar: 0.06g (0.06%), Cholesterol: 4.53mg (1.51%), Sodium: 294.21mg (12.79%),

Alcohol: 1.42g (100%), Alcohol %: 6.63% (100%), Protein: 2.35g (4.7%), Calcium: 81.41mg (8.14%), Phosphorus: 45.38mg (4.54%), Vitamin E: 0.52mg (3.47%), Vitamin C: 2.8mg (3.4%), Vitamin A: 135.63IU (2.71%), Vitamin K: 2.22µg (2.12%), Iron: 0.38mg (2.1%), Selenium: 1.41µg (2.02%), Vitamin B2: 0.03mg (1.73%), Manganese: 0.03mg (1.59%), Magnesium: 5.57mg (1.39%), Zinc: 0.2mg (1.36%), Vitamin B12: 0.08µg (1.26%)