



Roasted Onions with Gruyère Croutons

READY IN



45 min.

SERVINGS



8

CALORIES



311 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 brown-skinned onion peeled cut into 3/4-to 1-inch wedges through root end
- ☐ 1 teaspoon coarse kosher salt
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 6 large green onions dark trimmed
- ☐ 1.5 cups gruyère cheese packed grated
- ☐ 1 cup low-salt chicken broth
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 12 pearl onions white peeled

- ☐ 1 large onion red peeled cut into 3/4-to 1-inch wedges through root end
- ☐ 12 pearl onions red peeled
- ☐ 8 servings sea salt flakes
- ☐ 8 large shallots peeled halved
- ☐ 2 medium onions sweet peeled cut into 3/4-to 1-inch wedges through root end (such as Vidalia)
- ☐ 3 cups coarsely torn with crust

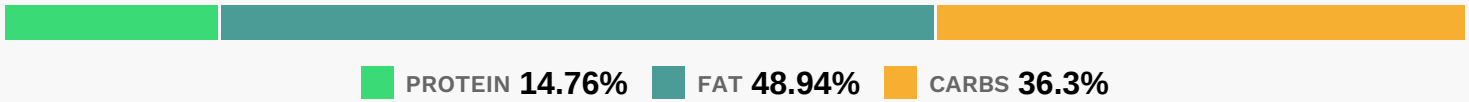
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 450°F.
- ☐ Combine all onions and shallots in large bowl.
- ☐ Drizzle evenly with olive oil, then sprinkle with thyme, coarse salt, and pepper; toss gently to coat.
- ☐ Spread out in single layer on large rimmed baking sheet.
- ☐ Roast onions until tender and beginning to brown in spots, 25 to 30 minutes. Scatter bread pieces on another rimmed baking sheet.
- ☐ Bake bread until golden brown, 7 to 8 minutes. Cool bread on baking sheet. Arrange onions in single layer in large casserole dish. DO AHEAD: Onions and croutons can be made up to 1 day ahead. Cover onions and refrigerate.
- ☐ Store croutons in airtight container at room temperature. Bring onions to room temperature before continuing.
- ☐ Preheat oven to 400°F. Spoon broth over onions to moisten. Scatter croutons over; sprinkle with cheese.
- ☐ Bake until heated through and cheese is melted, about 20 minutes.
- ☐ Sprinkle with sea salt flakes and serve.

Nutrition Facts



Properties

Glycemic Index:30.88, Glycemic Load:3.78, Inflammation Score:-9, Nutrition Score:13.310434745706%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 5.89mg, Isorhamnetin: 5.89mg, Isorhamnetin: 5.89mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg Quercetin: 37.87mg, Quercetin: 37.87mg, Quercetin: 37.87mg, Quercetin: 37.87mg

Nutrients (% of daily need)

Calories: 310.61kcal (15.53%), Fat: 17.39g (26.76%), Saturated Fat: 7.54g (47.1%), Carbohydrates: 29.02g (9.67%), Net Carbohydrates: 24.47g (8.9%), Sugar: 14.91g (16.57%), Cholesterol: 27.23mg (9.07%), Sodium: 726.52mg (31.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.8g (23.6%), Vitamin K: 43.76µg (41.68%), Calcium: 321.93mg (32.19%), Phosphorus: 241.95mg (24.2%), Vitamin C: 19.59mg (23.75%), Vitamin B6: 0.37mg (18.63%), Fiber: 4.55g (18.21%), Folate: 71.36µg (17.84%), Manganese: 0.35mg (17.7%), Potassium: 480.62mg (13.73%), Magnesium: 40.81mg (10.2%), Zinc: 1.51mg (10.1%), Vitamin B1: 0.14mg (9.56%), Vitamin B2: 0.16mg (9.41%), Vitamin A: 468IU (9.36%), Iron: 1.56mg (8.68%), Copper: 0.16mg (7.98%), Selenium: 5.01µg (7.16%), Vitamin B12: 0.43µg (7.09%), Vitamin B3: 1.32mg (6.58%), Vitamin E: 0.98mg (6.53%), Vitamin B5: 0.46mg (4.57%)