



Roasted Stuffed Onions

 Gluten Free

READY IN



300 min.

SERVINGS



10

CALORIES



528 kcal

SIDE DISH

Ingredients

- ☐ 14 cups baby spinach trimmed coarsely chopped
- ☐ 1 lb bacon sliced
- ☐ 1 teaspoon pepper black
- ☐ 3 slices celery stalks
- ☐ 3 garlic clove minced
- ☐ 1 teaspoon salt
- ☐ 10 oz roasted cashews salted coarsely chopped
- ☐ 1.3 cups turkey stock

- ☐ 0.5 cup butter unsalted melted
- ☐ 4 lb onion red yellow

Equipment

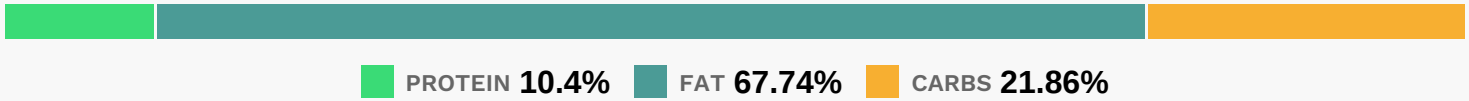
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ ice cream scoop
- ☐ slotted spoon

Directions

- ☐ Cut a 1/2-inch-thick slice from tops of onions, discarding tops, and trim just enough from bottoms for onions to stand upright. Scoop out all but outer 2 or 3 layers from each using a small ice cream scoop or spoon (don't worry if you make a hole in the bottom), reserving scooped-out onion and onion shells separately.
- ☐ Coarsely chop enough scooped-out onion to measure 3 cups.
- ☐ Cook bacon in 2 batches in a 12-inch heavy skillet over moderate heat, stirring, until crisp, about 10 minutes, then transfer with a slotted spoon to paper towels to drain, reserving about 1/3 cup fat in skillet.
- ☐ Add chopped onion, celery, salt, and pepper to skillet and sauté over moderately high heat, stirring, until vegetables are softened, about 5 minutes.
- ☐ Add garlic and sauté, stirring, 1 minute.
- ☐ Transfer mixture to a large bowl and stir in spinach, bread, cashews, butter, 1 cup stock, and bacon, then cool completely.
- ☐ Preheat oven to 425°F.
- ☐ Arrange onion shells, open sides up, in a 13- by 9- by 2-inch baking pan, then add 1/2cup water and cover pan tightly with foil. Roast onions in middle of oven until tender but not falling apart, 25 to 30 minutes.

- ☐ Reduce oven temperature to 350°F.
- ☐ Transfer shells to a work surface and pour off water in pan. Fill shells with stuffing, mounding it, and return to pan. Reserve 5 to 7 cups stuffing for turkey cavity, then put remaining stuffing in a buttered shallow 3 1/2-quart baking dish and drizzle with remaining 1/4 cup stock.
- ☐ Bake stuffed onions and stuffing in dish in middle of oven, uncovered, until heated through, about 25 minutes.
- ☐ Stuffing can be prepared and onions can be stuffed 1 day ahead and chilled, covered. Bring stuffed onions to room temperature before baking.

Nutrition Facts



Properties

Glycemic Index:15.3, Glycemic Load:4.04, Inflammation Score:-10, Nutrition Score:26.606956409371%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 9.09mg, Isorhamnetin: 9.09mg, Isorhamnetin: 9.09mg, Isorhamnetin: 9.09mg Kaempferol: 3.86mg, Kaempferol: 3.86mg, Kaempferol: 3.86mg, Kaempferol: 3.86mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 38.52mg, Quercetin: 38.52mg, Quercetin: 38.52mg, Quercetin: 38.52mg

Nutrients (% of daily need)

Calories: 528.02kcal (26.4%), Fat: 41.06g (63.17%), Saturated Fat: 14.66g (91.62%), Carbohydrates: 29.8g (9.93%), Net Carbohydrates: 24.87g (9.04%), Sugar: 9.78g (10.86%), Cholesterol: 55.23mg (18.41%), Sodium: 798.67mg (34.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.18g (28.37%), Vitamin K: 214.71µg (204.48%), Vitamin A: 4245.8IU (84.92%), Manganese: 0.89mg (44.59%), Copper: 0.8mg (39.86%), Folate: 137.5µg (34.38%), Magnesium: 132.49mg (33.12%), Vitamin C: 25.58mg (31%), Phosphorus: 289.9mg (28.99%), Vitamin B6: 0.52mg (26.16%), Potassium: 790.12mg (22.57%), Selenium: 14.66µg (20.95%), Vitamin B1: 0.31mg (20.74%), Fiber: 4.93g (19.73%), Iron: 3.51mg (19.49%), Zinc: 2.72mg (18.13%), Vitamin B3: 3.22mg (16.09%), Vitamin B2: 0.25mg (14.84%), Vitamin E: 1.62mg (10.8%), Calcium: 104.73mg (10.47%), Vitamin B5: 0.87mg (8.69%), Vitamin B12: 0.25µg (4.1%), Vitamin D: 0.35µg (2.34%)