



Roasted Sweet Onions with Cabrales Blue Cheese



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



197 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup almonds lightly toasted sliced
- ☐ 0.3 cup chives fresh chopped
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 tablespoons sherry wine vinegar
- ☐ 4 large vidalia sweet 1-inch-thick
- ☐ 4 ounces cabrales blue crumbled

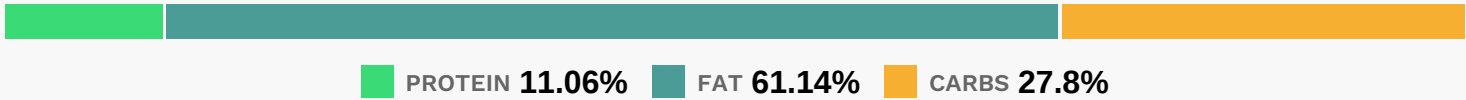
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400°F. Arrange onions in single layer on rimmed baking sheet; drizzle 1/4 cup olive oil over; turn onions to coat.
- ☐ Sprinkle with salt. Roast until soft and brown on edges, turning every 15 minutes, about 1 hour.
- ☐ Transfer to platter.
- ☐ Sprinkle with salt and pepper. Cool. (Can be made 4 hours ahead. Cover; let stand at room temperature.)
- ☐ Sprinkle cheese over onions.
- ☐ Drizzle 1/4 cup extra-virgin olive oil, then vinegar over cheese and onions.
- ☐ Sprinkle with almonds, then chives and serve.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:0.16, Inflammation Score:-7, Nutrition Score:7.6260870112025%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 24.13mg, Quercetin: 24.13mg, Quercetin: 24.13mg, Quercetin: 24.13mg

Nutrients (% of daily need)

Calories: 197.17kcal (9.86%), Fat: 13.83g (21.28%), Saturated Fat: 3.8g (23.77%), Carbohydrates: 14.15g (4.72%), Net Carbohydrates: 11.9g (4.33%), Sugar: 8.66g (9.62%), Cholesterol: 10.63mg (3.54%), Sodium: 176.79mg (7.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.63g (11.26%), Vitamin E: 2.52mg (16.77%), Manganese: 0.27mg (13.32%), Phosphorus: 128.47mg (12.85%), Calcium: 125.24mg (12.52%), Vitamin B6: 0.25mg (12.44%), Folate: 47.45µg (11.86%), Vitamin C: 8.93mg (10.83%), Vitamin B2: 0.15mg (9.1%), Fiber: 2.25g (9%), Magnesium: 34.53mg (8.63%), Vitamin K: 8.45µg (8.05%), Potassium: 281.84mg (8.05%), Copper: 0.16mg (8.03%), Vitamin B1: 0.09mg (5.67%), Zinc: 0.78mg (5.21%), Selenium: 3.13µg (4.48%), Vitamin B5: 0.44mg (4.4%), Iron: 0.77mg (4.27%), Vitamin A: 182.42IU (3.65%), Vitamin B3: 0.58mg (2.92%), Vitamin B12: 0.17µg (2.88%)