



## Scalloped Vidalia Onions

READY IN



45 min.

SERVINGS



8

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 teaspoon pepper black
- 1 tablespoon butter
- 0.7 cup cooking sherry dry
- 2 tablespoons flour all-purpose
- 1 ounce gruyère cheese shredded
- 1 cup milk 1% low-fat
- 1.5 teaspoons olive oil
- 0.8 teaspoon salt
- 4 pounds vidalia sweet trimmed quartered

## Equipment

- sauce pan
- oven
- whisk
- baking pan

## Directions

- Preheat oven to 400.
- Place onions in a 13 x 9-inch baking dish coated with cooking spray.
- Drizzle with oil, tossing to coat.
- Bake at 400 for 40 minutes, stirring halfway through cooking time.
- Remove from oven.
- Drizzle sherry over onions; stir to combine.
- Bake an additional 40 minutes, stirring once.
- Melt butter in a small saucepan over medium heat.
- Add flour, stirring with a whisk until smooth. Gradually add milk, stirring with a whisk until blended; bring to a boil. Cook 1 minute, stirring constantly.
- Remove from heat.
- Add cheese, salt, and pepper, stirring until smooth.
- Pour milk mixture over onions, stirring to combine.
- Bake at 400 for 20 minutes or until mixture is thick and beginning to brown on top.
- Remove from oven.
- Let stand 10 minutes before serving.

## Nutrition Facts

 **PROTEIN 12.3%**  **FAT 25.65%**  **CARBS 62.05%**

## Properties

Glycemic Index:21.5, Glycemic Load:1.12, Inflammation Score:-7, Nutrition Score:6.7691304424535%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg Myricetin: 2.59mg, Myricetin: 2.59mg, Myricetin: 2.59mg, Myricetin: 2.59mg Quercetin: 32.94mg, Quercetin: 32.94mg, Quercetin: 32.94mg, Quercetin: 32.94mg

## Nutrients (% of daily need)

Calories: 142.45kcal (7.12%), Fat: 3.8g (5.84%), Saturated Fat: 1.84g (11.53%), Carbohydrates: 20.66g (6.89%), Net Carbohydrates: 18.55g (6.75%), Sugar: 13.06g (14.51%), Cholesterol: 9.14mg (3.05%), Sodium: 285.28mg (12.4%), Alcohol: 2.06g (100%), Alcohol %: 0.92% (100%), Protein: 4.1g (8.19%), Vitamin B6: 0.33mg (16.32%), Folate: 56.8µg (14.2%), Vitamin C: 10.89mg (13.2%), Calcium: 121.24mg (12.12%), Phosphorus: 119.2mg (11.92%), Manganese: 0.22mg (10.93%), Potassium: 337.17mg (9.63%), Vitamin B1: 0.13mg (8.52%), Fiber: 2.11g (8.43%), Magnesium: 27.79mg (6.95%), Copper: 0.13mg (6.65%), Vitamin B2: 0.11mg (6.44%), Selenium: 2.94µg (4.21%), Iron: 0.75mg (4.16%), Zinc: 0.6mg (4%), Vitamin B12: 0.24µg (3.99%), Vitamin B5: 0.37mg (3.69%), Vitamin A: 137.76IU (2.76%), Vitamin B3: 0.47mg (2.36%), Vitamin D: 0.35µg (2.31%), Vitamin K: 1.57µg (1.49%), Vitamin E: 0.21mg (1.41%)