



Six-Onion Roast with Goat Cheese Crema

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



207 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon pepper black freshly ground
- ☐ 0.5 pound cipollini peeled
- ☐ 2 teaspoons mint leaves fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 garlic bulb
- ☐ 10 ounce goat cheese fresh soft
- ☐ 2 bunches green onions trimmed
- ☐ 3 leeks white quartered

- ☐ 1 tablespoon lemon zest chopped
- ☐ 0.5 cup olive oil
- ☐ 12 servings garnish: parsley fresh chopped
- ☐ 2 onions red quartered
- ☐ 0.5 pound pearl onions red peeled
- ☐ 1 tablespoon sea salt fine-grained
- ☐ 3 tablespoons cup heavy whipping cream sour
- ☐ 2 onions sweet quartered
- ☐ 1 cup ground walnuts divided toasted

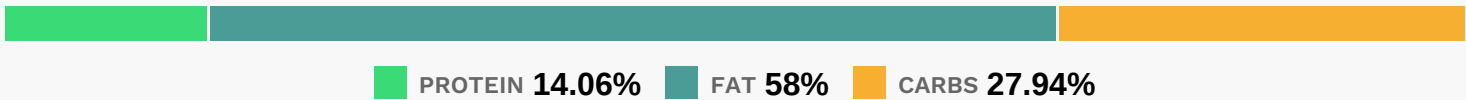
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine first 5 ingredients in a small bowl, stirring until blended. Stir in 1/2 cup walnuts.
- ☐ Toss together garlic and next 6 ingredients; drizzle with olive oil.
- ☐ Sprinkle with sea salt and pepper. Spoon mixture into a 3-quart baking pan.
- ☐ Bake at 400 for 25 minutes, stirring once. Dollop goat cheese mixture over onion mixture; bake 20 minutes or until onions are tender.
- ☐ Remove from oven; sprinkle with remaining walnuts.
- ☐ Garnish, if desired.
- ☐ * Cipollini are bittersweet bulbs of the grape hyacinth. They look and taste like small onions. Shallots may be substituted.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:2.37, Inflammation Score:-8, Nutrition Score:14.064347972041%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Apigenin: 10.07mg, Apigenin: 10.07mg, Apigenin: 10.07mg, Apigenin: 10.07mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.81mg, Isorhamnetin: 2.81mg, Isorhamnetin: 2.81mg, Isorhamnetin: 2.81mg Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg Myricetin: 1.39mg, Myricetin: 1.39mg, Myricetin: 1.39mg, Myricetin: 1.39mg Quercetin: 19.87mg, Quercetin: 19.87mg, Quercetin: 19.87mg, Quercetin: 19.87mg

Nutrients (% of daily need)

Calories: 206.5kcal (10.32%), Fat: 13.95g (21.46%), Saturated Fat: 4.64g (29%), Carbohydrates: 15.12g (5.04%), Net Carbohydrates: 12.17g (4.42%), Sugar: 6.74g (7.49%), Cholesterol: 12.64mg (4.21%), Sodium: 684.01mg (29.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.61g (15.22%), Vitamin K: 98.3µg (93.62%), Manganese: 0.66mg (33.08%), Vitamin A: 1073.98IU (21.48%), Copper: 0.43mg (21.33%), Vitamin C: 17.31mg (20.98%), Vitamin B6: 0.32mg (15.78%), Folate: 59.99µg (15%), Phosphorus: 140.89mg (14.09%), Fiber: 2.95g (11.79%), Iron: 1.88mg (10.47%), Magnesium: 40.45mg (10.11%), Calcium: 95.81mg (9.58%), Vitamin B2: 0.15mg (8.92%), Potassium: 286.12mg (8.17%), Vitamin B1: 0.12mg (7.98%), Zinc: 0.8mg (5.33%), Vitamin E: 0.67mg (4.48%), Vitamin B5: 0.41mg (4.12%), Selenium: 2.12µg (3.03%), Vitamin B3: 0.53mg (2.66%)