



Smoked-Onion Soubise

 Gluten Free

READY IN



60 min.

SERVINGS



25

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon chives minced
- ☐ 0.5 cup gruyère cheese shredded
- ☐ 0.5 cup heavy cream
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 1.3 pounds onion thinly sliced
- ☐ 25 servings salt and pepper freshly ground
- ☐ 2 tablespoons butter unsalted
- ☐ 2.5 tablespoons rice white

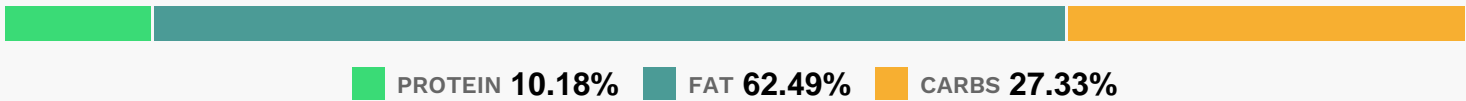
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ wok

Directions

- ☐ Assemble the smoker by spreading 1/2 cup small, dry hardwood chips over the bottom of the smoker, then place the drip tray and rack directly on the chips. (To jury-rig a smoker, line a wok or disposable aluminum baking pan with heavy-duty foil and spread with dry wood chips; top with another layer of foil to catch drips and a rack. Cover the wok or pan by sealing it tightly with a lid or sheet of foil.)
- ☐ Preheat the oven to 32
- ☐ Place a sheet of foil on the smoker rack; poke holes all over. In a well-ventilated area, set the smoker over high heat. When smoke rises from all sides, spread the onion over the foil. Cover and smoke for 45 seconds.
- ☐ Remove the onion.
- ☐ In a saucepan of boiling water, cook the rice for 3 minutes; drain. In an enameled cast-iron casserole, melt the butter.
- ☐ Add the onion and cook over moderate heat until softened.
- ☐ Add the rice, cream and nutmeg and bring to a boil. Cover and bake until the onion is tender, 30 minutes. Increase the oven temperature to 40
- ☐ Stir the cheese into the onion and bake for 5 minutes. Season with salt and pepper; garnish with the chives.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:1.19, Inflammation Score:-2, Nutrition Score:1.3021739151167%

Flavonoids

Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg

Nutrients (% of daily need)

Calories: 49.83kcal (2.49%), Fat: 3.53g (5.43%), Saturated Fat: 2.19g (13.7%), Carbohydrates: 3.47g (1.16%), Net Carbohydrates: 3.05g (1.11%), Sugar: 1.13g (1.25%), Cholesterol: 10.69mg (3.56%), Sodium: 215.04mg (9.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.59%), Calcium: 36.01mg (3.6%), Phosphorus: 27.43mg (2.74%), Vitamin A: 128.71IU (2.57%), Manganese: 0.05mg (2.4%), Vitamin C: 1.78mg (2.15%), Vitamin B6: 0.03mg (1.69%), Fiber: 0.42g (1.66%), Vitamin B2: 0.02mg (1.39%), Folate: 5.07µg (1.27%), Selenium: 0.88µg (1.25%), Potassium: 42.28mg (1.21%), Zinc: 0.17mg (1.15%), Magnesium: 4.07mg (1.02%)