



Sweet Onion Bake

READY IN



40 min.

SERVINGS



6

CALORIES



379 kcal

SIDE DISH

Ingredients

- 6 tablespoons butter divided
- 2 large eggs
- 1 cup half-and-half
- 0.1 teaspoon pepper freshly ground
- 1 teaspoon salt
- 0.8 cup saltines divided crushed finely (20 crackers)
- 2 cups onions sweet chopped
- 8 oz block swiss cheese shredded

Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan

Directions

- Melt 4 Tbsp. butter in a large skillet over medium heat; add onions, and saut 20 minutes or until golden brown.
- Place half of cooked onions in a lightly greased 8-inch square baking dish.
- Sprinkle evenly with half of cheese and 1/4 cup cracker crumbs. Top with remaining onions and cheese.
- Whisk together eggs and next 3 ingredients in a medium bowl; pour over onion mixture.
- Melt remaining 2 Tbsp. butter in skillet over medium heat; add remaining 1/2 cup cracker crumbs, and cook, stirring often, until crumbs are lightly browned.
- Sprinkle crumbs evenly over mixture in dish.
- Bake at 350 for 20 minutes or until lightly browned and set.

Nutrition Facts



PROTEIN 15.63% **FAT 70.83%** **CARBS 13.54%**

Properties

Glycemic Index:18.17, Glycemic Load:0.16, Inflammation Score:-6, Nutrition Score:11.081739166509%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 7.74mg, Quercetin: 7.74mg, Quercetin: 7.74mg, Quercetin: 7.74mg

Nutrients (% of daily need)

Calories: 379.35kcal (18.97%), Fat: 30.1g (46.3%), Saturated Fat: 17.58g (109.86%), Carbohydrates: 12.94g (4.31%), Net Carbohydrates: 12.2g (4.44%), Sugar: 4.53g (5.03%), Cholesterol: 141.37mg (47.12%), Sodium: 682.41mg (29.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.95g (29.89%), Calcium: 405.02mg (40.5%), Phosphorus: 315.04mg (31.5%), Selenium: 19.1µg (27.28%), Vitamin B12: 1.4µg (23.3%), Vitamin B2: 0.33mg (19.24%), Vitamin A: 897.22IU (17.94%), Zinc: 2.17mg (14.45%), Folate: 36.86µg (9.22%), Vitamin B6: 0.15mg (7.62%), Vitamin B1: 0.11mg (7.13%), Vitamin B5: 0.64mg (6.44%), Magnesium: 25.68mg (6.42%), Manganese: 0.13mg (6.36%), Vitamin E: 0.94mg (6.26%), Iron: 1mg (5.54%), Potassium: 183.84mg (5.25%), Vitamin K: 4.53µg (4.32%), Copper: 0.08mg (3.81%), Vitamin B3: 0.72mg (3.6%), Vitamin C: 2.92mg (3.54%), Fiber: 0.74g (2.94%), Vitamin D: 0.33µg (2.22%)