



Sweet Onion Pudding

READY IN



45 min.

SERVINGS



8

CALORIES



501 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 cup butter
- ☐ 6 large eggs
- ☐ 3 tablespoons flour all-purpose
- ☐ 3 ounce parmesan cheese shredded
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 6 medium size onions sweet thinly sliced
- ☐ 2 cups whipping cream

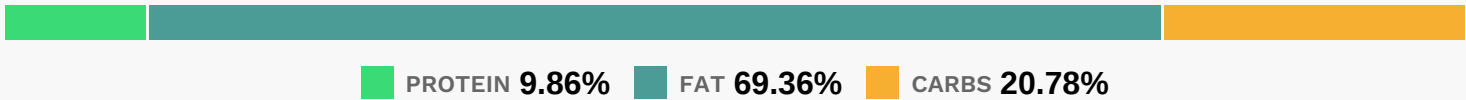
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Stir together first 3 ingredients in a large bowl, blending well.
- ☐ Combine flour and next 3 ingredients; gradually stir into egg mixture. Set aside.
- ☐ Melt butter in a large skillet over medium heat; add onions. Cook, stirring often, 30 to 40 minutes or until caramel colored.
- ☐ Remove from heat.
- ☐ Stir onions into egg mixture; then spoon into a lightly greased 13- x 9-inch baking dish.
- ☐ Bake at 350 for 30 minutes or until pudding is set.

Nutrition Facts



Properties

Glycemic Index:33.01, Glycemic Load:3.99, Inflammation Score:-9, Nutrition Score:14.010869658512%

Flavonoids

Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 2.83mg, Kaempferol: 2.83mg, Kaempferol: 2.83mg, Kaempferol: 2.83mg Myricetin: 2.83mg, Myricetin: 2.83mg, Myricetin: 2.83mg, Myricetin: 2.83mg Quercetin: 36.05mg, Quercetin: 36.05mg, Quercetin: 36.05mg, Quercetin: 36.05mg

Nutrients (% of daily need)

Calories: 501.36kcal (25.07%), Fat: 39.45g (60.69%), Saturated Fat: 18.98g (118.61%), Carbohydrates: 26.58g (8.86%), Net Carbohydrates: 24.27g (8.83%), Sugar: 17.42g (19.36%), Cholesterol: 213.96mg (71.32%), Sodium: 790.04mg (34.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.62g (25.24%), Vitamin A: 1670.15IU

(33.4%), Calcium: 299.44mg (29.94%), Phosphorus: 277.78mg (27.78%), Selenium: 17.9µg (25.58%), Vitamin B2: 0.39mg (22.82%), Vitamin B6: 0.42mg (20.97%), Folate: 83.14µg (20.78%), Vitamin C: 12.3mg (14.91%), Potassium: 422.76mg (12.08%), Vitamin D: 1.76µg (11.7%), Manganese: 0.22mg (11.1%), Vitamin B1: 0.16mg (10.42%), Vitamin B5: 1.04mg (10.42%), Vitamin E: 1.46mg (9.7%), Vitamin B12: 0.57µg (9.51%), Iron: 1.69mg (9.41%), Magnesium: 37.01mg (9.25%), Fiber: 2.31g (9.25%), Copper: 0.18mg (9.03%), Zinc: 1.26mg (8.42%), Vitamin B3: 0.59mg (2.97%), Vitamin K: 2.95µg (2.81%)