



Vegetable-Stuffed Baked Onions

READY IN



70 min.

SERVINGS



10

CALORIES



174 kcal

SIDE DISH

Ingredients

- 4 bacon diced
- 0.8 cup beef broth
- 1.5 cups breadcrumbs soft
- 3 tablespoons butter melted
- 0.8 cup carrots finely chopped
- 0.3 cup parsley fresh minced
- 8 onion peeled
- 0.5 teaspoon pepper
- 0.5 cup bell pepper sweet red finely chopped

1.5 teaspoons salt

Equipment

frying pan

paper towels

oven

baking pan

dutch oven

Directions

Cut 1/2 in. off the top of each onion; trim bottom so onion sits flat. Scoop out center, leaving a 1/2-in. shell. Chop remaining onion; set aside 1/2 cup (discarding remaining onion or save for another use).

Place onion shells in a Dutch oven and cover with water. Bring to a boil; reduce heat and cook for 8–10 minutes.

Meanwhile, in a large skillet, cook bacon over medium heat until crisp.

Remove to paper towels; drain, reserving 1 teaspoon drippings. In same skillet, saute the chopped onion, carrots and red pepper in drippings for 8 minutes or until tender.

Remove from the heat; stir in the bread crumbs, parsley, butter, salt, pepper and reserved bacon.

Drain onion shells; fill each with about 1/3 cup vegetable mixture.

Place in an ungreased shallow 3-qt. baking dish.

Pour broth over onions. Cover and bake at 350° for 45–50 minutes or until heated through.

Nutrition Facts



PROTEIN 10.68% **FAT 40.5%** **CARBS 48.82%**

Properties

Glycemic Index:21.98, Glycemic Load:2.25, Inflammation Score:-9, Nutrition Score:10.260434865304%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 4.41mg, Isorhamnetin: 4.41mg, Isorhamnetin: 4.41mg, Isorhamnetin: 4.41mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 17.91mg, Quercetin: 17.91mg, Quercetin: 17.91mg, Quercetin: 17.91mg

Nutrients (% of daily need)

Calories: 174.1kcal (8.71%), Fat: 7.95g (12.23%), Saturated Fat: 3.59g (22.45%), Carbohydrates: 21.56g (7.19%), Net Carbohydrates: 18.82g (6.84%), Sugar: 5.52g (6.14%), Cholesterol: 14.84mg (4.95%), Sodium: 631.21mg (27.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.43%), Vitamin A: 2116.04IU (42.32%), Vitamin K: 36.31µg (34.58%), Vitamin C: 19.27mg (23.36%), Vitamin B1: 0.23mg (15.61%), Manganese: 0.3mg (15.2%), Fiber: 2.74g (10.97%), Folate: 42.85µg (10.71%), Vitamin B6: 0.19mg (9.38%), Vitamin B3: 1.87mg (9.34%), Selenium: 6.48µg (9.26%), Phosphorus: 74.89mg (7.49%), Potassium: 247.3mg (7.07%), Iron: 1.23mg (6.85%), Vitamin B2: 0.12mg (6.79%), Calcium: 59.52mg (5.95%), Magnesium: 20.49mg (5.12%), Copper: 0.09mg (4.47%), Zinc: 0.56mg (3.72%), Vitamin B5: 0.31mg (3.14%), Vitamin E: 0.36mg (2.42%), Vitamin B12: 0.12µg (2.01%)