



## Vidalia Onion Gratin {Baked Bloomin' Onions}

 Vegetarian

READY IN



8 min.

SERVINGS



4

CALORIES



169 kcal

SIDE DISH

### Ingredients

- 1 butter melted
- 1 teaspoon cilantro leaves
- 1 cup cornflakes crushed
- 1 teaspoon herbs de provence
- 2 tablespoons olive oil
- 1 teaspoon oregano
- 1 teaspoon sage
- 4 servings salt and pepper to taste

- 1 tablespoon butter unsalted
- 2 onion sweet peeled sliced (or other variety)

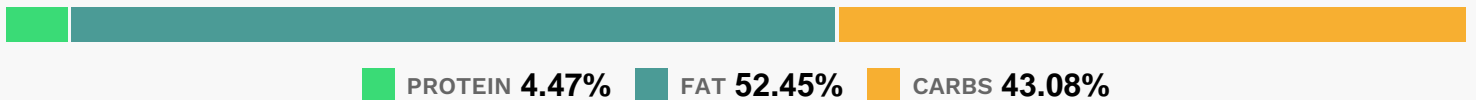
## Equipment

- oven
- casserole dish

## Directions

- Thanks for reading! You can find the original recipe and many more on my blog here: <http://sallycooks.com/2013/11/14/vidalia-onion-gratin-baked-bloomin-onions/> I scaled the recipe to serve two and added the cornflake topping but this would be great for a crowd if you increased the proportions and made it in a large casserole dish. You could also use bread crumbs in place of cornflakes. I love the sweetness of Vidalia onions with the robust herbs and and crispy, buttery cornflakes. In my husband's words, "this tastes like a bloomin' onion!"  
What to do: preheat oven to 375 degrees layer onions in a buttered baking dish combine herbs, spices and olive oil, mixing well and pour over each onion combine crushed cornflakes and butter until well mixed and sprinkle over onions bake for 20-30 minutes depending on how large your onions are, they're ready to serve when they're tender and translucent and the cornflakes are a golden brown

## Nutrition Facts



## Properties

Glycemic Index: 21.75, Glycemic Load: 0.01, Inflammation Score: -8, Nutrition Score: 10.934348049371%

## Flavonoids

Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 24.04mg, Quercetin: 24.04mg, Quercetin: 24.04mg, Quercetin: 24.04mg

## Nutrients (% of daily need)

Calories: 169.47kcal (8.47%), Fat: 10.27g (15.8%), Saturated Fat: 2.93g (18.31%), Carbohydrates: 18.97g (6.32%), Net Carbohydrates: 16.91g (6.15%), Sugar: 9g (10%), Cholesterol: 8.06mg (2.69%), Sodium: 260.49mg (11.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.94%), Copper: 1.63mg (81.41%), Vitamin B6: 0.35mg (17.36%), Iron: 3.04mg (16.91%), Folate: 65.05µg (16.26%), Vitamin K: 12.45µg (11.85%), Manganese: 0.23mg (11.63%), Vitamin C: 9.56mg (11.58%), Vitamin B1: 0.17mg (11.03%), Vitamin B2: 0.15mg (8.53%), Vitamin E: 1.25mg (8.31%), Fiber: 2.06g (8.25%), Vitamin B3: 1.51mg (7.55%), Potassium: 220.31mg (6.29%), Vitamin B12: 0.36µg (5.94%), Phosphorus: 54.16mg (5.42%), Magnesium: 20.46mg (5.12%), Calcium: 50.54mg (5.05%), Vitamin A: 240.08IU (4.8%), Zinc: 0.33mg (2.18%), Selenium: 1.48µg (2.12%), Vitamin D: 0.3µg (2.03%), Vitamin B5: 0.19mg (1.87%)