



Vidalia Onion Tarts

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 cups flour all-purpose
- ☐ 0.7 cup milk
- ☐ 48 servings onions halved thinly sliced
- ☐ 1 teaspoon salt
- ☐ 1.5 teaspoons sugar
- ☐ 0.3 lb butter unsalted

☐ 2 large vidalia

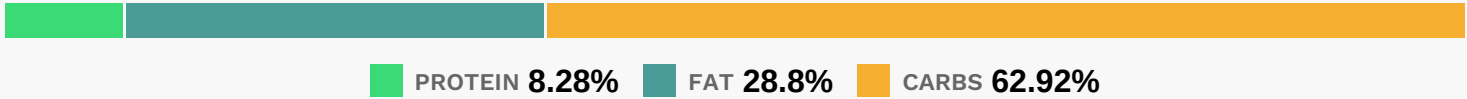
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ measuring spoon

Directions

- ☐ Melt 2 Tbsp. butter in a large, heavy skillet over low heat.
- ☐ Add onions, 1/2 tsp. salt and thyme; cook until tender and lightly browned, 30 minutes. Set aside to cool.
- ☐ Place one rack in upper third of oven and another in lower third; preheat oven to 400F. Coat 2 baking sheets with cooking spray.
- ☐ Mix flour, baking powder, sugar and remaining 1/2 tsp. salt in a bowl.
- ☐ Cut remaining 6 Tbsp. butter into small chunks and add to flour mixture.
- ☐ Cut in butter using your fingers, 2 knives or a pastry blender until mixture resembles coarse meal. Stir in milk with a fork just until flour is evenly moistened.
- ☐ Turn out dough onto a floured surface and pull together into one piece with floured hands. Divide dough into 48 mounds (about 1/2 Tbsp. each); roll each into a ball and place on baking sheets. With a teaspoon measuring spoon, press an indentation into center of each ball. Spoon onion mixture into indentations.
- ☐ Bake, rotating pans halfway through, until golden, 12 to 15 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:6.29, Glycemic Load:4.24, Inflammation Score:-4, Nutrition Score:2.7139130506826%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 13.17mg, Quercetin: 13.17mg, Quercetin: 13.17mg, Quercetin: 13.17mg

Nutrients (% of daily need)

Calories: 65.03kcal (3.25%), Fat: 2.14g (3.3%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 10.54g (3.51%), Net Carbohydrates: 9.33g (3.39%), Sugar: 3.33g (3.7%), Cholesterol: 5.49mg (1.83%), Sodium: 88.74mg (3.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.77%), Manganese: 0.12mg (5.91%), Folate: 23.25µg (5.81%), Vitamin C: 4.74mg (5.74%), Vitamin B1: 0.07mg (4.93%), Fiber: 1.2g (4.82%), Vitamin B6: 0.09mg (4.42%), Calcium: 40.74mg (4.07%), Phosphorus: 36.61mg (3.66%), Selenium: 2.2µg (3.14%), Potassium: 108.1mg (3.09%), Vitamin B2: 0.05mg (2.88%), Iron: 0.44mg (2.46%), Magnesium: 8.46mg (2.11%), Vitamin B3: 0.39mg (1.97%), Copper: 0.04mg (1.86%), Vitamin A: 66.16IU (1.32%), Vitamin B5: 0.12mg (1.19%), Zinc: 0.16mg (1.1%)