

# Baked Vidalia Onions

*Gourmet Eating in South Carolina - (1985)*

*4 medium Vidalia onions (or other sweet onions), peeled  
1/2 stick margarine  
4 cubes beef bouillon  
salt (to taste)  
pepper (to taste)*

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Preheat the oven to 350 degrees.

Place the onions in a baking dish.

Make a hole in the center of each onion. Place a bouillon cube and a slice of margarine in each hole. Sprinkle with salt and pepper. Cover with foil.

Bake until tender, about 45 minutes.

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Per Serving (excluding unknown items): 484 Calories; 48g Fat (88.9% calories from fat); 6g Protein; 8g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 5979mg Sodium. Exchanges: 1/2 Grain(Starch); 9 Fat.

Side Dishes

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	484	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	88.9%	<b>Vitamin B12 (mcg):</b>	.1mcg
<b>% Calories from Carbohydrates:</b>	6.5%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	4.5%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	48g	<b>Folacin (mcg):</b>	1mcg
<b>Saturated Fat (g):</b>	9g	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	23g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	14g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	0mg	<b>% Refuse:</b>	0%
<b>Carbohydrate (g):</b>	8g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	0g	<b>Grain (Starch):</b>	1/2
<b>Protein (g):</b>	6g	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	5979mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	561mg	<b>Fruit:</b>	0

**Calcium (mg):** 144mg  
**Iron (mg):** 10mg  
**Zinc (mg):** 10mg  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** 2037IU  
**Vitamin A (r.e.):** 451 1/2RE

**Non-Fat Milk:** 0  
**Fat:** 9  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 484 Calories from Fat: 431

### % Daily Values\*

<b>Total Fat</b>	48g		74%
	Saturated Fat	9g	46%
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	5979mg		249%
<b>Total Carbohydrates</b>	8g		3%
	Dietary Fiber	0g	0%
<b>Protein</b>	6g		

<b>Vitamin A</b>			41%
<b>Vitamin C</b>			0%
<b>Calcium</b>			14%
<b>Iron</b>			54%

*\* Percent Daily Values are based on a 2000 calorie diet.*