

Onion Casserole II

B.J. Arth

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 6

2 tablespoons butter
2 tablespoons all-purpose flour
1 cup chicken broth
1 can (5-1/3 ounce) evaporated milk
4 cups sweet onion wedges
1/2 cup slivered almonds
1/2 teaspoon salt
1/2 teaspoon pepper
1 cup (or less) breadcrumbs
1/2 cup Parmesan cheese, grated

Preheat the oven to 375 degrees.

Melt the butter in a saucepan. Stir in the flour to form a paste. Gradually stir in the broth and evaporated milk, stirring constantly. Continue to cook over medium heat while stirring constantly until the mixture begins to thicken and becomes smooth.

Add the onions, almonds, salt and pepper. Pour the mixture into a buttered 1-1/2-quart casserole. Cover with breadcrumbs and cheese.

Bake for 30 minutes.

Per Serving (excluding unknown items): 208 Calories; 16g Fat (65.9% calories from fat); 9g Protein; 9g Carbohydrate; 1g Dietary Fiber; 28mg Cholesterol; 514mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Non-Fat Milk; 2 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	208
% Calories from Fat:	65.9%
% Calories from Carbohydrates:	16.8%
% Calories from Protein:	17.3%
Total Fat (g):	16g
Saturated Fat (g):	6g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	28mg
Carbohydrate (g):	9g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	13mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 1g
 Protein (g): 9g
 Sodium (mg): 514mg
 Potassium (mg): 266mg
 Calcium (mg): 236mg
 Iron (mg): 1mg
 Zinc (mg): 1mg
 Vitamin C (mg): 1mg
 Vitamin A (i.u.): 358IU
 Vitamin A (r.e.): 80 1/2RE

Grain (Starch): 1/2
 Lean Meat: 1/2
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 1/2
 Fat: 2 1/2
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 208 Calories from Fat: 137

% Daily Values*

Total Fat	16g	24%
Saturated Fat	6g	31%
Cholesterol	28mg	9%
Sodium	514mg	21%
Total Carbohydrates	9g	3%
Dietary Fiber	1g	4%
Protein	9g	

Vitamin A	7%
Vitamin C	1%
Calcium	24%
Iron	5%

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