

# Pearl Onion and Parmesan Gratin

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*www.dashrecipes.com*

## Servings: 6

*1 bag (14.4 ounce) frozen pearl onions*  
*1 cup water*  
*1/2 cup heavy cream*  
*1/4 cup Parmesan cheese, grated*  
*1/4 teaspoon salt*  
*1/4 teaspoon freshly ground pepper*  
*1 slice bread, torn into pieces*  
*2 tablespoons Parmesan cheese, grated*  
*1/4 teaspoon salt*  
*1/4 teaspoon pepper*

Preheat the oven to 400 degrees.

In a saucepan, combine the pearl onions and water. Bring to a boil. Reduce to a simmer, cover and cook for 8 minutes. Drain and pat dry.

Scatter the onions in a small buttered baking dish.

In a bowl, combine the heavy cream, 1/4 cup of Parmesan, salt and pepper. Pour the mixture over the onions.

Tear up the bread and combine with two tablespoons of Parmesan, salt and pepper in a food processor. Pulse to make bread crumbs. Sprinkle the crumbs over the onion mixture.

Bake for about 25 minutes until brown and bubbly.

Let stand for 10 minutes before serving.

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Per Serving (excluding unknown items): 111 Calories; 9g Fat (71.7% calories from fat); 3g Protein; 5g Carbohydrate; 1g Dietary Fiber; 31mg Cholesterol; 304mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.

## Side Dishes

### Per Serving Nutritional Analysis

Calories (kcal):	111	Vitamin B6 (mg):	trace
% Calories from Fat:	71.7%	Vitamin B12 (mcg):	.1mcg

% Calories from Carbohydrates: 17.5%  
 % Calories from Protein: 10.8%  
 Total Fat (g): 9g  
 Saturated Fat (g): 6g  
 Monounsaturated Fat (g): 3g  
 Polyunsaturated Fat (g): trace  
 Cholesterol (mg): 31mg  
 Carbohydrate (g): 5g  
 Dietary Fiber (g): 1g  
 Protein (g): 3g  
 Sodium (mg): 304mg  
 Potassium (mg): 62mg  
 Calcium (mg): 97mg  
 Iron (mg): trace  
 Zinc (mg): trace  
 Vitamin C (mg): 2mg  
 Vitamin A (i.u.): 333IU  
 Vitamin A (r.e.): 95RE

Thiamin B1 (mg): trace  
 Riboflavin B2 (mg): .1mg  
 Folic Acid (mcg): 8mcg  
 Niacin (mg): trace  
 Caffeine (mg): 0mg  
 Alcohol (kcal): 0  
 % Daily Value

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

Calories 111      Calories from Fat: 80

### % Daily Values\*

<b>Total Fat</b>	9g	14%
Saturated Fat	6g	28%
<b>Cholesterol</b>	31mg	10%
<b>Sodium</b>	304mg	13%
<b>Total Carbohydrates</b>	5g	2%
Dietary Fiber	1g	2%
<b>Protein</b>	3g	
<b>Vitamin A</b>		7%
<b>Vitamin C</b>		3%
<b>Calcium</b>		10%
<b>Iron</b>		2%

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