

## Baked Onion

Carbs: **12.5g** | Fat: **0.3g** | Fiber: **2.2g** | Protein: **1.8g** | Calories: **56.7**

Number of Servings: 1

1 serving counts as 1 vegetable & 1 Melba Toast

27 Minutes to prepare and cook

### Ingredients

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- 1 onion, 100 grams
- seasoned salt (no sugar, no oil)
- garlic powder or 1 clove of fresh garlic
- sea salt
- cayenne pepper
- black pepper
- 1 crushed melba toast
- any fresh herbs and spices



### Directions

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- Pre heat oven to 350
- set peeled onion upright on a sheet of foil
- make several deep slices in the onion without cutting completely through
- sprinkle with the seasonings, herbs and spices
- sprinkle melba toast on top
- place in oven
- bake until onion is soft...approx. 20 mins

### Nutritional Info

Servings Per Recipe: 1

#### Amount Per Serving

- Calories: 56.7
- Total Fat: 0.3 g
- Cholesterol: 0.0 mg
- Sodium: 44.9 mg
- Total Carbs: 12.5 g
- Dietary Fiber: 2.2 g
- Protein: 1.8 g

