

Baked Onion Dip

READY IN



45 min.

SERVINGS



45

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup milk cheddar cheese shredded 2% kraft
- 1 Tbsp parsley fresh chopped
- 1 Tbsp butter
- 0.3 cup parmesan cheese grated kraft
- 0.5 tsp pepper sauce hot
- 0.3 cup mayo reduced fat mayonnaise light kraft
- 1 large onion sweet finely chopped
- 45 servings four-cheese woven wheat crackers thin

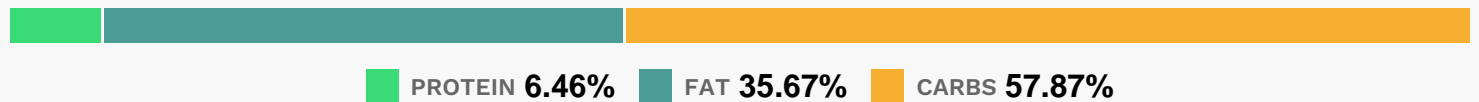
Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 350F. Melt margarine in large skillet on medium heat.
- Add onions; cook 5 to 7 min. or until golden brown, stirring occasionally. Cool slightly.
- Mix mayo, cheeses, parsley and pepper sauce. Stir in onions. Spoon into small baking dish.
- Bake 25 min. or until heated through.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:1.31, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.1386956496407%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 154.3kcal (7.71%), Fat: 6.17g (9.49%), Saturated Fat: 1.43g (8.93%), Carbohydrates: 22.52g (7.51%), Net Carbohydrates: 20.46g (7.44%), Sugar: 4.37g (4.86%), Cholesterol: 2mg (0.67%), Sodium: 263.55mg (11.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.02%), Fiber: 2.05g (8.21%), Iron: 0.76mg (4.2%), Calcium: 34.17mg (3.42%), Vitamin K: 2.34µg (2.23%), Phosphorus: 11.63mg (1.16%)