

Baked Onion Dip

 Gluten Free

READY IN



30 min.

SERVINGS



10

CALORIES



249 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 oz cream cheese softened
- 6 oz parmesan shredded
- 6 oz greek yogurt plain
- 2 cups onion yellow chopped

Equipment

- bowl
- oven
- baking pan

hand mixer

Directions

- Heat oven to 425°F.
- In small bowl, beat cream cheese with electric mixer on medium speed until smooth.
- Add remaining ingredients; beat until combined.
- Spread in ungreased 2-quart shallow baking dish.
- Bake 15 to 18 minutes or until bubbly.
- Serve immediately.

Nutrition Facts

 **PROTEIN 17.46%**  **FAT 71.94%**  **CARBS 10.6%**

Properties

Glycemic Index:8.1, Glycemic Load:1.48, Inflammation Score:-5, Nutrition Score:6.078695623771%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg

Nutrients (% of daily need)

Calories: 248.61kcal (12.43%), Fat: 20.09g (30.91%), Saturated Fat: 11.99g (74.91%), Carbohydrates: 6.66g (2.22%), Net Carbohydrates: 6.12g (2.22%), Sugar: 3.75g (4.17%), Cholesterol: 58.23mg (19.41%), Sodium: 422.33mg (18.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.97g (21.95%), Calcium: 271.63mg (27.16%), Phosphorus: 198.99mg (19.9%), Vitamin A: 743.34IU (14.87%), Selenium: 9.57µg (13.67%), Vitamin B2: 0.22mg (12.78%), Vitamin B12: 0.42µg (7.05%), Zinc: 0.84mg (5.59%), Vitamin B6: 0.09mg (4.51%), Vitamin B5: 0.43mg (4.31%), Potassium: 146.23mg (4.18%), Magnesium: 16.64mg (4.16%), Folate: 12.54µg (3.14%), Vitamin E: 0.44mg (2.9%), Vitamin C: 2.37mg (2.87%), Manganese: 0.05mg (2.56%), Vitamin B1: 0.04mg (2.37%), Fiber: 0.54g (2.18%), Iron: 0.27mg (1.49%), Copper: 0.03mg (1.45%), Vitamin K: 1.37µg (1.3%)