

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 yogurt plain yoplait® (from 2-lb container)
- 6 oz parmesan shredded
- 2 cups onion yellow chopped

Equipment


- bowl
- oven
- baking pan

hand mixer

Directions

- Heat oven to 425F.
- 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 15.59%  FAT 73.56%  CARBS 10.85%

Properties

Glycemic Index:10, Glycemic Load:1.63, Inflammation Score:-5, Nutrition Score:5.8939130669055%

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: 20.58g (31.66%), Saturated Fat: 12.32g (77.02%), Carbohydrates: 6.83g (2.28%), Net Carbohydrates: 6.29g (2.29%), Sugar: 3.99g (4.43%), Cholesterol: 59.59mg (19.86%), Sodium: 424.03mg (18.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.81g (19.63%), Calcium: 273.34mg (27.33%), Phosphorus: 192.02mg (19.2%), Vitamin A: 759.5IU (15.19%), Selenium: 8.26µg (11.8%), Vitamin B2: 0.19mg (11.39%), Vitamin B12: 0.37µg (6.11%), Zinc: 0.85mg (5.66%), Vitamin B5: 0.44mg (4.41%), Potassium: 148.61mg (4.25%), Vitamin B6: 0.08mg (4.24%), Magnesium: 16.81mg (4.2%), Folate: 12.54µg (3.14%), Vitamin C: 2.45mg (2.97%), Vitamin E: 0.44mg (2.96%), Manganese: 0.05mg (2.52%), Vitamin B1: 0.04mg (2.45%), Fiber: 0.54g (2.18%), Iron: 0.27mg (1.47%), Copper: 0.03mg (1.38%), Vitamin K: 1.4µg (1.34%)