



Baked Vidalia Onion Dip

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



781 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 8 ounce water chestnuts drained sliced chopped canned
- ☐ 0.3 cup wine dry white
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon hot sauce
- ☐ 2 cups mayonnaise
- ☐ 8 ounces swiss cheese shredded
- ☐ 3 large onion coarsely chopped

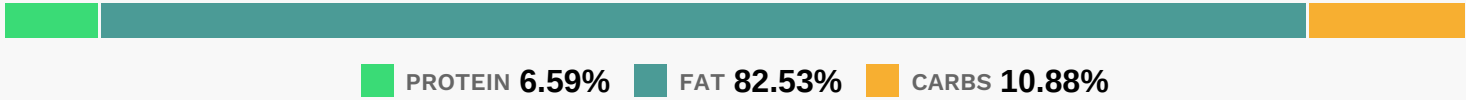
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Melt butter in a large skillet over medium-high heat; add onion, and saut 10 minutes or until tender.
- ☐ Stir together shredded Swiss cheese and next 5 ingredients; stir in onion, blending well. Spoon mixture into a lightly greased 2-quart baking dish.
- ☐ Bake at 375 for 25 minutes, and let stand 10 minutes.
- ☐ Serve with tortilla chips or crackers.
- ☐ To lighten: Substitute vegetable cooking spray for butter; substitute reduced-fat Swiss cheese and light mayonnaise.

Nutrition Facts



Properties

Glycemic Index:20.33, Glycemic Load:0.45, Inflammation Score:-8, Nutrition Score:16.387826017711%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg Myricetin: 1.9mg, Myricetin: 1.9mg, Myricetin: 1.9mg, Myricetin: 1.9mg Quercetin: 24.04mg, Quercetin: 24.04mg, Quercetin: 24.04mg, Quercetin: 24.04mg

Nutrients (% of daily need)

Calories: 781.26kcal (39.06%), Fat: 71.5g (109.99%), Saturated Fat: 16.4g (102.53%), Carbohydrates: 21.2g (7.07%), Net Carbohydrates: 18.22g (6.63%), Sugar: 10.29g (11.43%), Cholesterol: 66.51mg (22.17%), Sodium: 615.24mg (26.75%), Alcohol: 1.03g (100%), Alcohol %: 0.39% (100%), Protein: 12.85g (25.7%), Vitamin K: 122.9µg (117.05%), Calcium: 380.99mg (38.1%), Phosphorus: 292.35mg (29.23%), Vitamin E: 3.15mg (21%), Selenium: 14.42µg (20.6%), Vitamin B12: 1.24µg (20.6%), Vitamin B6: 0.35mg (17.67%), Zinc: 2.22mg (14.8%), Folate: 48.78µg (12.2%), Fiber: 2.98g (11.9%), Vitamin C: 9.11mg (11.05%), Manganese: 0.21mg (10.7%), Vitamin A: 531.43IU (10.63%), Vitamin B2: 0.18mg (10.6%), Copper: 0.19mg (9.28%), Potassium: 319.81mg (9.14%), Magnesium: 32.42mg (8.11%), Iron: 1.19mg (6.6%), Vitamin B1: 0.09mg (5.87%), Vitamin B5: 0.55mg (5.48%), Vitamin B3: 0.47mg (2.36%)