



Caramelized Onion and Garlic Dip

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



172 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cipollini onions finely chopped
- 3 tablespoons chives fresh chopped
- 1 teaspoon thyme leaves fresh
- 2 cloves garlic chopped
- 1 cup greek yogurt fat-free
- 1 cup cream cheese reduced-fat
- 0.3 cup olive oil
- 1 large onion spanish

- 1 medium onion red finely chopped
- 8 servings salt and pepper black freshly ground
- 0.5 cup scallions chopped
- 1 shallots peeled chopped
- 1 vidalia onion finely chopped

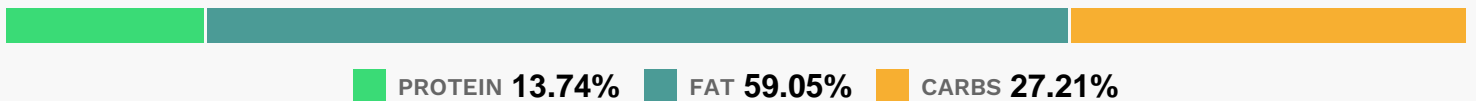
Equipment

- bowl
- frying pan

Directions

- In a large saute pan over medium heat, add the olive oil.
- Add the thyme, shallots, garlic and all the varieties of onions.
- Saute, stirring constantly. (Onions absorb oil quickly, so add more if necessary.) Continue to cook until the vegetables are lightly browned, about 15 minutes.
- Remove from the heat and season with salt and pepper.
- Let cool slightly.
- In a medium bowl, add the yogurt and cream cheese and stir together.
- Add in the onions, scallions and chives. Stir well to combine.

Nutrition Facts



Properties

Glycemic Index:36.88, Glycemic Load:1.23, Inflammation Score:-6, Nutrition Score:6.3860869459484%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg

Kaempferol: 0.96mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 15.62mg, Quercetin: 15.62mg, Quercetin: 15.62mg, Quercetin: 15.62mg

Nutrients (% of daily need)

Calories: 172.17kcal (8.61%), Fat: 11.54g (17.76%), Saturated Fat: 3.71g (23.21%), Carbohydrates: 11.97g (3.99%), Net Carbohydrates: 10.48g (3.81%), Sugar: 6.92g (7.68%), Cholesterol: 17.45mg (5.82%), Sodium: 123.47mg (5.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.04g (12.09%), Vitamin K: 20.23µg (19.26%), Phosphorus: 109.87mg (10.99%), Calcium: 100.06mg (10.01%), Vitamin C: 7.94mg (9.62%), Vitamin B2: 0.15mg (9.11%), Vitamin B6: 0.16mg (8.12%), Folate: 31.67µg (7.92%), Vitamin B12: 0.45µg (7.52%), Potassium: 259.41mg (7.41%), Vitamin E: 1.11mg (7.41%), Manganese: 0.15mg (7.32%), Selenium: 4.3µg (6.14%), Fiber: 1.48g (5.93%), Vitamin A: 291.79IU (5.84%), Vitamin B5: 0.45mg (4.55%), Vitamin B1: 0.06mg (4.17%), Magnesium: 16.39mg (4.1%), Copper: 0.07mg (3.44%), Zinc: 0.49mg (3.26%), Iron: 0.52mg (2.89%), Vitamin B3: 0.25mg (1.27%)