



Caramelized Onion and Shallot Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup wine dry white
- ☐ 0.3 cup chives fresh minced
- ☐ 16 servings pepper black freshly ground
- ☐ 0.3 cup olive oil
- ☐ 2 teaspoons onion powder
- ☐ 2 large shallots thinly sliced (6 ounces total)
- ☐ 2 tablespoons sherry vinegar
- ☐ 0.3 cup nonfat greek yogurt plain

- ☐ 2 cups cream sour
- ☐ 4 sprigs thyme leaves

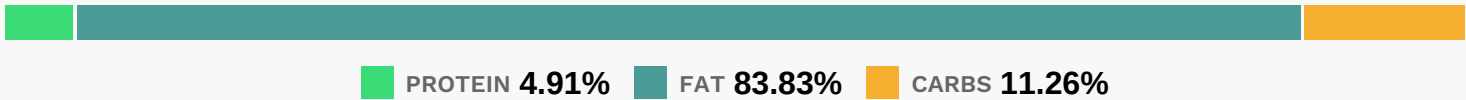
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 425°F.
- ☐ Mix onions, shallots, thyme sprigs, and oil in a large roasting pan. Season with salt and pepper.
- ☐ Roast onion mixture, stirring and scraping down sides of pan every 10 minutes, until mixture starts to break down and turn golden brown, 45–55 minutes.
- ☐ Discard thyme sprigs.
- ☐ Add wine and vinegar; stir to scrape up any browned bits from bottom of pan. Return onion mixture to oven. Continue roasting, stirring occasionally, until deep golden brown and completely caramelized, about 15 minutes longer.
- ☐ Spread onion mixture out on a rimmed baking sheet to cool.
- ☐ Transfer onion mixture to a work surface and mince.
- ☐ Transfer to a medium bowl. Stir in sour cream, chives, yogurt, and onion powder. Season with salt and pepper. DO AHEAD: Dip can be made 3 days ahead. Cover; chill.

Nutrition Facts



Properties

Glycemic Index:10.44, Glycemic Load:0.22, Inflammation Score:-4, Nutrition Score:1.8821739152722%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 105.12kcal (5.26%), Fat: 8.98g (13.82%), Saturated Fat: 3.38g (21.11%), Carbohydrates: 2.71g (0.9%), Net Carbohydrates: 2.5g (0.91%), Sugar: 1.5g (1.67%), Cholesterol: 17.12mg (5.71%), Sodium: 11.62mg (0.51%), Alcohol: 1.54g (100%), Alcohol %: 3.47% (100%), Protein: 1.18g (2.37%), Vitamin A: 218.99IU (4.38%), Vitamin E: 0.6mg (4%), Vitamin K: 4.05µg (3.86%), Calcium: 38.15mg (3.81%), Vitamin B2: 0.06mg (3.66%), Phosphorus: 32.42mg (3.24%), Manganese: 0.05mg (2.68%), Selenium: 1.47µg (2.1%), Potassium: 69.36mg (1.98%), Vitamin B6: 0.04mg (1.79%), Magnesium: 6.57mg (1.64%), Vitamin C: 1.34mg (1.62%), Vitamin B12: 0.08µg (1.37%), Vitamin B5: 0.13mg (1.29%), Iron: 0.2mg (1.12%), Zinc: 0.16mg (1.08%), Folate: 4.1µg (1.03%)