



Caramelized Onion Dip

 Vegetarian  Gluten Free

READY IN



180 min.

SERVINGS



8

CALORIES



367 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons sage leaves fresh chopped
- 1 teaspoon ground pepper black
- 0.8 cup mayonnaise
- 2 cups onion thinly sliced
- 8 servings potato chips for serving
- 1 teaspoon salt
- 0.8 cup cup heavy whipping cream sour
- 1 tablespoon vegetable oil

Equipment

- bowl
- sauce pan
- whisk

Directions

- Heat oil in heavy medium saucepan over medium–low heat.
- Add onions and sage. Cover and cook until onions are deep golden brown, stirring occasionally, about 20 minutes.
- Remove from heat and let cool.
- Whisk together mayonnaise and sour cream in a medium bowl to blend. Stir in the cooled caramelized onions, salt, and pepper. Cover dip and refrigerate until flavors blend, about 2 hours.

Nutrition Facts

 **PROTEIN 3.22%** **FAT 75.18%** **CARBS 21.6%**

Properties

Glycemic Index:13.63, Glycemic Load:0.92, Inflammation Score:-4, Nutrition Score:11.861304465843%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 366.84kcal (18.34%), Fat: 31.18g (47.98%), Saturated Fat: 5.88g (36.75%), Carbohydrates: 20.16g (6.72%), Net Carbohydrates: 18.52g (6.73%), Sugar: 2.64g (2.94%), Cholesterol: 21.54mg (7.18%), Sodium: 579.95mg (25.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3g (6.01%), Copper: 1.61mg (80.41%), Vitamin K: 44.44µg (42.32%), Vitamin E: 3.83mg (25.55%), Manganese: 0.32mg (16.19%), Vitamin B5: 1.38mg (13.78%), Potassium: 431.07mg (12.32%), Vitamin C: 9.2mg (11.15%), Vitamin B6: 0.21mg (10.4%), Phosphorus: 75.82mg (7.58%), Vitamin B3: 1.4mg (7.01%), Fiber: 1.65g (6.59%), Magnesium: 25.29mg (6.32%), Vitamin B1: 0.09mg (5.75%), Folate: 18.11µg (4.53%), Vitamin B2: 0.08mg (4.51%), Calcium: 43.1mg (4.31%), Zinc: 0.49mg (3.26%), Iron: 0.58mg

(3.25%), Selenium: 2.19 μ g (3.13%), Vitamin A: 150.15IU (3%), Vitamin B12: 0.07 μ g (1.17%)