



Caramelized Onion Dip

 Vegetarian  Gluten Free

READY IN



85 min.

SERVINGS



8

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ounces goat cheese fresh (goat cheese)
- 0.3 cup chives fresh finely chopped
- 1 medium garlic clove finely chopped
- 1 tablespoon olive oil
- 1 cup cream sour
- 2 cups onion yellow

Equipment

- food processor

- bowl
- frying pan

Directions

- Heat oil in a medium frying pan over medium–low heat. When it shimmers, add onion and garlic, season with salt and freshly ground black pepper, and cook, stirring occasionally, until vegetables are caramelized and brown, about 20 minutes.
- Remove from heat and let cool slightly.
- Combine sour cream, chèvre, and chives in the bowl of a food processor fitted with a blade attachment, add onion mixture, and pulse until combined, about 10 pulses. Taste and add salt and freshly ground black pepper as desired, then pulse a few more times to mix in seasoning.
- Transfer to a serving bowl, cover, and refrigerate until chilled, about 1 hour.
- Serve with potato chips or crudités.

Nutrition Facts

PROTEIN 11.82% **FAT 71.99%** **CARBS 16.19%**

Properties

Glycemic Index:12.75, Glycemic Load:0.87, Inflammation Score:-4, Nutrition Score:3.4952173906824%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.09mg, Isorhamnetin: 2.09mg, Isorhamnetin: 2.09mg, Isorhamnetin: 2.09mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg

Nutrients (% of daily need)

Calories: 126.75kcal (6.34%), Fat: 10.37g (15.95%), Saturated Fat: 5.23g (32.69%), Carbohydrates: 5.25g (1.75%), Net Carbohydrates: 4.53g (1.65%), Sugar: 2.83g (3.14%), Cholesterol: 23.48mg (7.83%), Sodium: 62.81mg (2.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.66%), Vitamin A: 380.78IU (7.62%), Phosphorus: 71.04mg (7.1%), Vitamin B2: 0.11mg (6.75%), Copper: 0.13mg (6.38%), Calcium: 59.93mg (5.99%), Vitamin B6: 0.1mg (5.08%), Vitamin C: 4.06mg (4.92%), Vitamin K: 4.57µg (4.35%), Manganese: 0.08mg (3.99%), Folate: 12.35µg (3.09%), Potassium: 103.24mg (2.95%), Fiber: 0.72g (2.88%), Vitamin E: 0.4mg (2.65%), Vitamin B5: 0.25mg (2.48%), Selenium: 1.73µg (2.46%), Magnesium: 9.76mg (2.44%), Vitamin B1: 0.04mg (2.39%), Iron: 0.41mg (2.28%),

Zinc: 0.3mg (2.03%), Vitamin B12: 0.09µg (1.46%)