



Caramelized Onion Dip

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 4.5 cups onions divided sliced
- ☐ 0.5 cup greek yogurt plain 2% reduced-fat ()
- ☐ 0.5 teaspoon red-wine vinegar
- ☐ 1 teaspoon sugar

☐

0.5 teaspoon worcestershire sauce

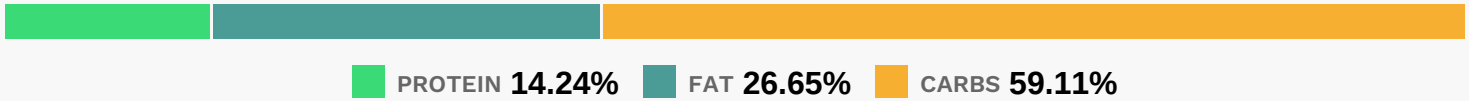
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a large nonstick skillet, heat oil over medium.
- ☐ Add onions, sugar, salt, and pepper. Cook, partially covered and stirring occasionally until deep golden and tender (about 25 minutes). Reserve 1 tablespoon onions; set aside. Allow caramelized onions to cool; coarsely chop.
- ☐ In a medium bowl, combine chopped onions with yogurt, nutmeg, vinegar, and Worcestershire. Top with reserved onions.

Nutrition Facts



Properties

Glycemic Index:39.82, Glycemic Load:3.55, Inflammation Score:-6, Nutrition Score:4.6317391489511%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 7.21mg, Isorhamnetin: 7.21mg, Isorhamnetin: 7.21mg, Isorhamnetin: 7.21mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 29.23mg, Quercetin: 29.23mg, Quercetin: 29.23mg, Quercetin: 29.23mg

Nutrients (% of daily need)

Calories: 98.7kcal (4.94%), Fat: 3.04g (4.68%), Saturated Fat: 0.48g (3.02%), Carbohydrates: 15.18g (5.06%), Net Carbohydrates: 12.7g (4.62%), Sugar: 7.63g (8.48%), Cholesterol: 1mg (0.33%), Sodium: 137.17mg (5.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.32%), Vitamin C: 10.74mg (13.02%), Manganese: 0.2mg (10.12%), Fiber: 2.48g (9.93%), Vitamin B6: 0.19mg (9.3%), Folate: 28.86µg (7.22%), Potassium: 245.01mg (7%), Phosphorus: 69.62mg (6.96%), Calcium: 56.63mg (5.66%), Vitamin B2: 0.1mg (5.66%), Vitamin B1: 0.07mg (4.76%), Magnesium: 16.96mg (4.24%), Selenium: 2.71µg (3.88%), Copper: 0.06mg (3.14%), Vitamin E: 0.44mg (2.9%), Vitamin B5: 0.24mg (2.45%), Zinc: 0.35mg (2.36%), Vitamin B12: 0.14µg (2.33%), Vitamin K: 2.43µg (2.32%), Iron: 0.38mg (2.1%), Vitamin

B3: 0.22mg (1.08%)