



Caramelized Onion Dip



Vegetarian



Gluten Free

READY IN



33 min.

SERVINGS



10

CALORIES



268 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 tablespoons chives fresh chopped
- ☐ 0.5 teaspoon pepper divided freshly ground
- ☐ 10 servings potato chips
- ☐ 1 teaspoon salt divided
- ☐ 16 oz cup heavy whipping cream sour
- ☐ 2 medium size onions yellow chopped

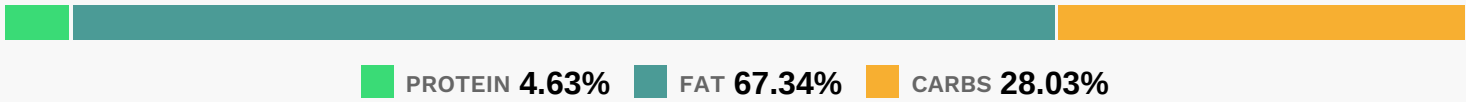
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Melt butter in a large nonstick skillet over medium-high heat; add onions, and cook, stirring occasionally, 20 minutes or until browned and tender.
- ☐ Sprinkle with 1/2 tsp. salt and 1/4 tsp. pepper.
- ☐ Remove from heat, and let stand 30 minutes.
- ☐ Stir together onions, sour cream, and chives in a medium bowl. Stir in remaining 1/2 tsp. salt and remaining 1/4 tsp. pepper. Cover and chill 30 minutes or up to 2 days.
- ☐ Serve with potato chips.
- ☐ Note: Light sour cream may be substituted.

Nutrition Facts



Properties

Glycemic Index:15.4, Glycemic Load:0.47, Inflammation Score:-4, Nutrition Score:6.8934782847114%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 268.08kcal (13.4%), Fat: 20.62g (31.72%), Saturated Fat: 6.98g (43.65%), Carbohydrates: 19.31g (6.44%), Net Carbohydrates: 18.03g (6.56%), Sugar: 2.59g (2.87%), Cholesterol: 32.78mg (10.93%), Sodium: 413.09mg (17.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.38%), Vitamin E: 3.16mg (21.04%), Vitamin B5: 1.4mg (14.03%), Potassium: 428.64mg (12.25%), Manganese: 0.23mg (11.74%), Vitamin C: 8.43mg (10.22%), Vitamin B6: 0.19mg (9.74%), Phosphorus: 84.87mg (8.49%), Vitamin K: 8.59µg (8.18%), Vitamin A: 379.67IU (7.59%), Vitamin B3: 1.41mg (7.03%), Vitamin B2: 0.11mg (6.39%), Magnesium: 24.86mg (6.22%), Calcium: 58.56mg (5.86%), Vitamin B1: 0.08mg (5.3%), Fiber: 1.28g (5.13%), Copper: 0.08mg (4.24%), Folate: 15.75µg (3.94%), Selenium: 2.53µg (3.61%), Zinc: 0.5mg (3.33%), Iron: 0.46mg (2.55%), Vitamin B12: 0.1µg (1.67%)