



## Caramelized Onion Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.7 c caramelized onions
- 2 T chives fresh chopped
- 1 c greek yogurt plain
- 2 servings salt to taste

### Equipment

### Nutrition Facts



■ PROTEIN 48.05% ■ FAT 4.52% ■ CARBS 47.43%

## Properties

Glycemic Index:36, Glycemic Load:1.65, Inflammation Score:-5, Nutrition Score:6.5069565217391%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.14mg, Isorhamnetin: 4.14mg, Isorhamnetin: 4.14mg, Isorhamnetin: 4.14mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.11mg, Quercetin: 16.11mg, Quercetin: 16.11mg, Quercetin: 16.11mg

## Taste

Sweetness: 100%, Saltiness: 70.04%, Sourness: 35.56%, Bitterness: 22.85%, Savoriness: 54.79%, Fattiness: 72.55%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 93.37kcal (4.67%), Fat: 0.47g (0.72%), Saturated Fat: 0.15g (0.91%), Carbohydrates: 11.12g (3.71%), Net Carbohydrates: 9.71g (3.53%), Sugar: 6.66g (7.4%), Cholesterol: 5mg (1.67%), Sodium: 233.03mg (10.13%), Protein: 11.26g (22.53%), Vitamin B2: 0.31mg (17.98%), Phosphorus: 160.55mg (16.06%), Selenium: 10.32µg (14.74%), Calcium: 131.97mg (13.2%), Vitamin B12: 0.7µg (11.67%), Vitamin C: 7.56mg (9.17%), Vitamin B6: 0.16mg (8.13%), Potassium: 264.77mg (7.56%), Vitamin K: 6.7µg (6.39%), Folate: 25.1µg (6.27%), Manganese: 0.12mg (6.11%), Fiber: 1.41g (5.65%), Magnesium: 20.13mg (5.03%), Zinc: 0.68mg (4.54%), Vitamin B5: 0.44mg (4.37%), Vitamin B1: 0.06mg (4.04%), Vitamin A: 136.16IU (2.72%), Copper: 0.05mg (2.63%), Vitamin B3: 0.32mg (1.61%), Iron: 0.28mg (1.58%)