



Caramelized Onion Dip served with Pita Chips

READY IN



40 min.

SERVINGS



10

CALORIES



630 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 5 ounces cheese crumbles blue crumbled finely
- 1 cup cup heavy whipping cream sour
- 0.5 teaspoon garlic powder
- 0.8 teaspoons pepper black
- 1.3 cups mayonnaise
- 5 onion thinly sliced quartered
- 1 teaspoon parsley
- 18 ounce pita chips
- 0.5 teaspoon salt

- 2.5 teaspoons penzey's southwest seasoning italian
- 4 tablespoons virgin olive oil

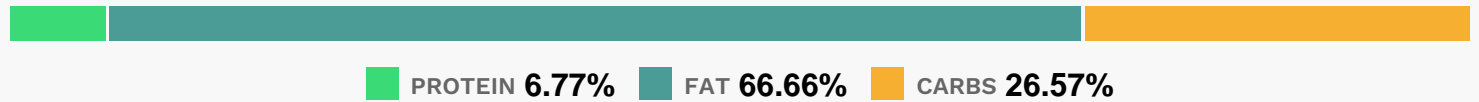
Equipment

- frying pan
- mixing bowl

Directions

- Heat oil in a large saut pan over medium-high heat.
- Add the onions and caramelize for 20-30 minutes over medium heat, stirring frequently. If the pan becomes too dry or brown, add 1 tablespoon of water to deglaze the pan. Once they are golden brown, add the wine and cook until reduced. Chill in the refrigerator for 10 minutes.
- Combine Italian seasoning, parsley flakes, garlic powder, salt, pepper, sour cream, mayonnaise and blue cheese crumbles in a mixing bowl.
- Add the onions, stir until well blended.
- Serve with pita chips.

Nutrition Facts



Properties

Glycemic Index:14.6, Glycemic Load:1.34, Inflammation Score:-7, Nutrition Score:15.447825908661%

Flavonoids

Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.79mg, Isorhamnetin: 2.79mg, Isorhamnetin: 2.79mg, Isorhamnetin: 2.79mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 630.23kcal (31.51%), Fat: 47.07g (72.42%), Saturated Fat: 12.9g (80.64%), Carbohydrates: 42.22g (14.07%), Net Carbohydrates: 38.76g (14.1%), Sugar: 5.74g (6.38%), Cholesterol: 49.29mg (16.43%), Sodium: 902.08mg (39.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.76g (21.52%), Vitamin K: 58.99µg (56.18%), Vitamin

E: 5.76mg (38.37%), Selenium: 20.68µg (29.54%), Manganese: 0.49mg (24.63%), Folate: 89.83µg (22.46%), Vitamin B1: 0.33mg (21.72%), Vitamin B3: 3.88mg (19.39%), Iron: 3.1mg (17.2%), Vitamin B2: 0.28mg (16.64%), Phosphorus: 156.49mg (15.65%), Fiber: 3.45g (13.81%), Calcium: 134.82mg (13.48%), Vitamin A: 499.29IU (9.99%), Vitamin B6: 0.17mg (8.58%), Magnesium: 33.33mg (8.33%), Zinc: 1.1mg (7.33%), Vitamin B5: 0.69mg (6.91%), Potassium: 230.28mg (6.58%), Copper: 0.12mg (5.89%), Vitamin C: 4.26mg (5.16%), Vitamin B12: 0.24µg (4.08%), Vitamin D: 0.51µg (3.38%)