



## Caramelized Onion-Goat Cheese Dip

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



10

CALORIES



179 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 tablespoons cream cheese at room temperature
- 6 ounces goat cheese soft at room temperature
- 0.5 cup mayonnaise
- 1 tablespoon olive oil
- 0.5 teaspoon red wine vinegar
- 10 servings salt and pepper
- 0.5 cup cup heavy whipping cream sour
- 1.5 cups vidalia sweet chopped

- 10 servings crudités assorted for serving
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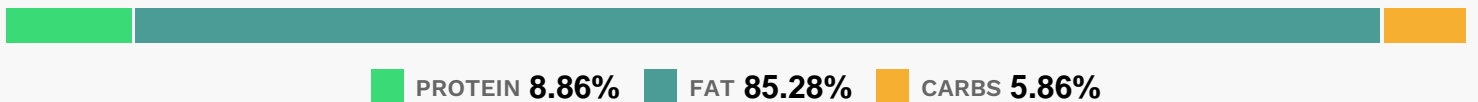
## Equipment

- bowl
- frying pan
- whisk

## Directions

- Warm oil in a heavy medium skillet over medium–low heat. Stir in onion; sprinkle with salt and pepper. Cover and cook, stirring occasionally, for 15 minutes.
- Remove lid and cook, stirring occasionally, until onion is deep golden brown, about 15 minutes longer.
- Transfer to a bowl and cool completely.
- In a large bowl, whisk goat cheese, mayonnaise, sour cream, cream cheese and vinegar until smooth. Stir in onion and season with pepper. Cover and refrigerate for 24 hours to allow flavors to develop.
- Serve dip chilled or at room temperature with crudits.

## Nutrition Facts



## Properties

Glycemic Index:7.7, Glycemic Load:0.1, Inflammation Score:-3, Nutrition Score:3.5126086680785%

## Flavonoids

Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

## Nutrients (% of daily need)

Calories: 179.16kcal (8.96%), Fat: 17.11g (26.32%), Saturated Fat: 6.02g (37.64%), Carbohydrates: 2.65g (0.88%), Net Carbohydrates: 2.43g (0.88%), Sugar: 1.98g (2.2%), Cholesterol: 23.71mg (7.9%), Sodium: 346.7mg (15.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (8%), Vitamin K: 19.74µg (18.8%), Copper: 0.14mg (7.16%), Phosphorus: 65.79mg (6.58%), Vitamin A: 313.3IU (6.27%), Vitamin B2: 0.1mg (5.93%), Vitamin E: 0.69mg (4.57%), Calcium: 45.49mg (4.55%), Vitamin B6: 0.08mg (4.09%), Iron: 0.43mg (2.4%), Selenium: 1.65µg (2.36%), Folate: 9.2µg (2.3%), Vitamin B5: 0.22mg (2.22%), Manganese: 0.04mg (1.92%), Zinc: 0.26mg (1.77%), Vitamin B1: 0.03mg (1.74%), Magnesium: 6.55mg (1.64%), Potassium: 55.49mg (1.59%), Vitamin C: 1.26mg (1.52%), Vitamin B12: 0.08µg (1.32%)