



Caramelized Onion-Potato Spread

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



22

CALORIES



44 kcal

SIDE DISH

Ingredients

- ☐ 1 pound baking potato peeled cut into 1-inch pieces
- ☐ 1 teaspoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.8 cup navy beans canned rinsed drained
- ☐ 0.5 cup yogurt plain fat-free
- ☐ 2 teaspoons olive oil
- ☐ 3.5 cups onion finely chopped
- ☐ 0.8 teaspoon salt

☐ 2 tablespoons cup heavy whipping cream fat-free sour

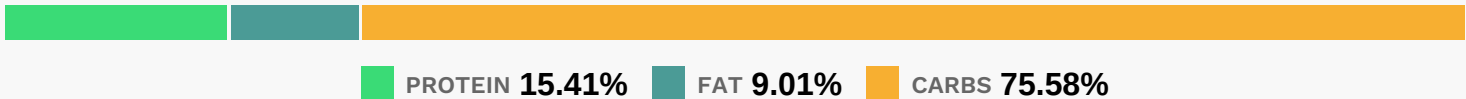
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ potato masher

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion to pan; saut 5 minutes. Reduce heat to medium-low; cook 45 minutes or until golden brown, stirring frequently.
- ☐ Place potato in a medium saucepan; cover with water. Bring to a boil. Reduce heat, and simmer 12 minutes or until very tender.
- ☐ Drain. Cool 5 minutes.
- ☐ Combine potato and beans in a large bowl; mash with a potato masher.
- ☐ Add onion, vinegar, salt, and pepper; stir well.
- ☐ Add yogurt and sour cream; stir until well blended. Chill at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:8.81, Glycemic Load:3.48, Inflammation Score:-2, Nutrition Score:2.4108695627555%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg

Nutrients (% of daily need)

Calories: 43.96kcal (2.2%), Fat: 0.45g (0.7%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 8.58g (2.86%), Net Carbohydrates: 7.42g (2.7%), Sugar: 1.7g (1.89%), Cholesterol: 0.21mg (0.07%), Sodium: 127.23mg (5.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.5%), Vitamin B6: 0.11mg (5.71%), Manganese: 0.1mg (5.12%), Potassium: 165.05mg (4.72%), Fiber: 1.16g (4.65%), Phosphorus: 40.55mg (4.05%), Vitamin C: 3.17mg (3.84%), Folate: 14.05µg (3.51%), Magnesium: 12.72mg (3.18%), Vitamin B1: 0.04mg (2.96%), Copper: 0.05mg (2.56%), Calcium: 25.39mg (2.54%), Iron: 0.41mg (2.26%), Vitamin B2: 0.03mg (1.96%), Zinc: 0.23mg (1.55%), Vitamin B3: 0.29mg (1.47%), Vitamin B5: 0.14mg (1.45%), Selenium: 0.99µg (1.41%)