



Caramelized Onion Spread



Vegetarian



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



10

CALORIES



110 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons chives fresh finely chopped
- ☐ 4 garlic cloves minced
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 cup canola mayonnaise
- ☐ 1 tablespoon olive oil
- ☐ 3 cups onion yellow chopped

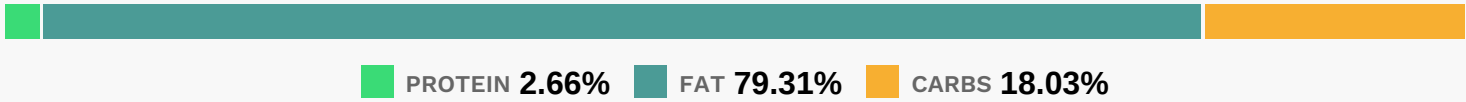
Equipment

☐ frying pan

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion and garlic to pan; saut 5 minutes, stirring frequently. Reduce heat to medium-low; cook 35 minutes or until very tender and caramelized, stirring occasionally.
- ☐ Add cream cheese to pan, and stir to combine.
- ☐ Remove from heat; stir in mayonnaise and the remaining ingredients.
- ☐ Serve at room temperature or chilled.

Nutrition Facts



Properties

Glycemic Index:18.4, Glycemic Load:1.15, Inflammation Score:-3, Nutrition Score:2.5986956552319%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.45mg, Isorhamnetin: 2.45mg, Isorhamnetin: 2.45mg, Isorhamnetin: 2.45mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.79mg, Quercetin: 9.79mg, Quercetin: 9.79mg

Nutrients (% of daily need)

Calories: 109.96kcal (5.5%), Fat: 9.84g (15.14%), Saturated Fat: 1.53g (9.54%), Carbohydrates: 5.03g (1.68%), Net Carbohydrates: 4.15g (1.51%), Sugar: 2.12g (2.36%), Cholesterol: 4.7mg (1.57%), Sodium: 131.45mg (5.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.48%), Vitamin K: 20.75µg (19.76%), Vitamin C: 4.28mg (5.18%), Manganese: 0.1mg (4.9%), Vitamin E: 0.58mg (3.88%), Vitamin B6: 0.07mg (3.72%), Fiber: 0.88g (3.53%), Folate: 10.36µg (2.59%), Potassium: 80.26mg (2.29%), Phosphorus: 18.61mg (1.86%), Vitamin B1: 0.03mg (1.75%), Calcium: 15.15mg (1.52%), Magnesium: 5.64mg (1.41%), Copper: 0.03mg (1.34%), Vitamin B2: 0.02mg (1.02%)