

ONIONS

# Caramelized Sweet Onion Dip

28 September 2026

| TOTAL TIME | SERVES | PER SERVING | CALORIES |
|------------|--------|-------------|----------|
| 45 min     | 10     | \$0.25      | 95 kcal  |

Indulge in the rich and savory flavors of our Caramelized Sweet Onion Dip, a perfect addition to any gathering or casual get-together. This creamy dip, ready in just 45 minutes, combines the natural sweetness of caramelized onions with a delightful blend of mayonnaise, sour cream, and spices, ensuri...

## Ingredients

- ☐ ¼ teaspoon freshly ground black pepper
- ☐ 1 tablespoon chopped fresh parsley
- ☐ ½ teaspoon garlic powder
- ☐ 1 cup reduced-fat mayonnaise
- ☐ ½ cup light sour cream
- ☐ 3 cups diced Rio or other sweet onion (about 2 large onions)
- ☐ 1 tablespoon butter, divided
- ☐ ½ teaspoon minced garlic
- ☐ ¼ teaspoon kosher salt, divided
- ☐ 1/3 cup whole wheat panko (Japanese breadcrumbs)
- ☐ ¼ teaspoon Worcestershire sauce

EQUIPMENT Bowl, Frying pan, Oven, Baking pan

## Method

- 1 Preheat oven to 35
- 2 Melt 1 1/2 teaspoons butter in a large skillet over medium-high heat.

- 3 Add onion and 1/8 teaspoon salt to pan; cook 15 minutes or until tender, stirring occasionally.
- 4 Add garlic; cook 10 minutes or until onion is golden brown and very tender, stirring occasionally.
- 5 Remove from heat; cool 5 minutes.
- 6 Combine the remaining 1/8 teaspoon salt, mayonnaise, and next 4 ingredients (through Worcestershire sauce) in a medium bowl, stirring until smooth. Stir in onion mixture.
- 7 Transfer mixture to a 1-quart baking dish coated with cooking spray.
- 8 Melt remaining 1 1/2 teaspoons butter.
- 9 Combine melted butter and panko.
- 10 Sprinkle panko mixture evenly over onion mixture.
- 11 Bake at 350 for 15 minutes or until thoroughly heated and bubbly.
- 12 Sprinkle with parsley.
- 13 Serve hot.

### Nutrition per serving

| 95            | 1 g     | 8 g | 4 g                         |
|---------------|---------|-----|-----------------------------|
| KCAL          | PROTEIN | FAT | CARBS                       |
| Saturated Fat |         |     | 2.7 g · 17% of daily needs  |
| Sugar         |         |     | 1.3 g · 1% of daily needs   |
| Sodium        |         |     | 273 mg · 12% of daily needs |
| Cholesterol   |         |     | 13.4 mg · 4% of daily needs |

Adapted from My Recipes. Find this recipe, ratings and more ideas at [whatsheate.com/caramelized-sweet-onion-dip-146003](https://whatsheate.com/caramelized-sweet-onion-dip-146003)