



Caramelized Sweet Onion Dip

 Gluten Free

READY IN



85 min.

SERVINGS



16

CALORIES



206 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter
- 3 large onion sweet thinly sliced
- 8 oz cream cheese softened
- 8 oz swiss cheese shredded
- 1 cup parmesan cheese freshly grated
- 1 cup mayonnaise reduced-fat
- 1 serving tortilla chips

Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 375°F. Lightly spray 1 1/2- to 2-quart casserole with cooking spray.
- In 12-inch skillet, melt butter over medium heat. Cook onions in butter 30 to 40 minutes, stirring often, until caramel colored.
- In large bowl, mix cheeses, mayonnaise and onions. Spoon into casserole.
- Bake uncovered 30 minutes or until golden and bubbly.
- Serve with sweet potato chips.

Nutrition Facts

PROTEIN 13.9% **FAT 68.96%** **CARBS 17.14%**

Properties

Glycemic Index:6.5, Glycemic Load:0.27, Inflammation Score:-5, Nutrition Score:5.6108695352855%

Flavonoids

Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 9.01mg, Quercetin: 9.01mg, Quercetin: 9.01mg, Quercetin: 9.01mg

Nutrients (% of daily need)

Calories: 205.62kcal (10.28%), Fat: 15.96g (24.55%), Saturated Fat: 7.84g (49.02%), Carbohydrates: 8.93g (2.98%), Net Carbohydrates: 8.27g (3.01%), Sugar: 4.17g (4.63%), Cholesterol: 38.94mg (12.98%), Sodium: 317.84mg (13.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.24g (14.47%), Calcium: 210.68mg (21.07%), Phosphorus: 159.37mg (15.94%), Selenium: 8.44µg (12.06%), Vitamin B12: 0.55µg (9.11%), Vitamin K: 8.79µg (8.38%), Vitamin A: 416.29IU (8.33%), Zinc: 1.08mg (7.18%), Vitamin B2: 0.11mg (6.55%), Vitamin B6: 0.11mg (5.35%), Folate: 18.02µg (4.51%), Vitamin E: 0.66mg (4.4%), Magnesium: 15.51mg (3.88%), Vitamin C: 2.98mg (3.61%), Potassium: 122.07mg (3.49%), Manganese: 0.06mg (2.79%), Fiber: 0.65g (2.61%), Vitamin B5: 0.25mg (2.54%), Copper: 0.05mg (2.54%), Vitamin B1: 0.04mg (2.37%), Iron: 0.27mg (1.5%)