





 1%
HEALTH SCORE

Charred Onion Dip w. Steamed Red Potatoes for Dipping

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



118 kcal

CONDIMENT

DIP

SPREAD

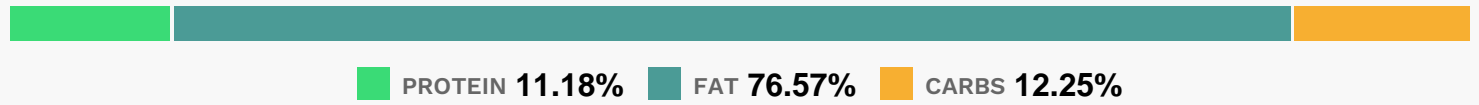
Ingredients

- 1 Tablespoon chives fresh minced
- 1 Tablespoon juice of lemon fresh
- 1 Tablespoons mayonnaise
- 2 Tablespoons olive oil
- 0.5 small onion thinly sliced
- 0.8 cup greek yogurt plain
- 3 spring onion thinly sliced

- 6 servings sea salt
- 1 shallots thinly sliced
- 0.5 cup cream sour

Equipment

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:0.39, Inflammation Score:-2, Nutrition Score:3.5030434782609%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Taste

Sweetness: 38.57%, Saltiness: 27.4%, Sourness: 29.64%, Bitterness: 20.24%, Savoriness: 19.62%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 118.27kcal (5.91%), Fat: 10.25g (15.78%), Saturated Fat: 2.89g (18.04%), Carbohydrates: 3.69g (1.23%), Net Carbohydrates: 3.28g (1.19%), Sugar: 2.27g (2.52%), Cholesterol: 13.54mg (4.51%), Sodium: 225.38mg (9.8%), Protein: 3.37g (6.74%), Vitamin K: 20.44µg (19.47%), Vitamin B2: 0.11mg (6.53%), Vitamin E: 0.86mg (5.76%), Phosphorus: 55.96mg (5.6%), Calcium: 55.28mg (5.53%), Selenium: 3.36µg (4.8%), Vitamin A: 203.94IU (4.08%), Vitamin C: 3.32mg (4.03%), Vitamin B12: 0.22µg (3.63%), Potassium: 102.81mg (2.94%), Folate: 10.41µg (2.6%), Vitamin B6: 0.05mg (2.55%), Magnesium: 7.71mg (1.93%), Manganese: 0.04mg (1.82%), Vitamin B5: 0.18mg (1.8%), Zinc: 0.25mg (1.69%), Fiber: 0.41g (1.63%), Vitamin B1: 0.02mg (1.27%), Iron: 0.22mg (1.25%), Copper: 0.02mg (1.02%)