



## Charred Red Onion Dip

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



185 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

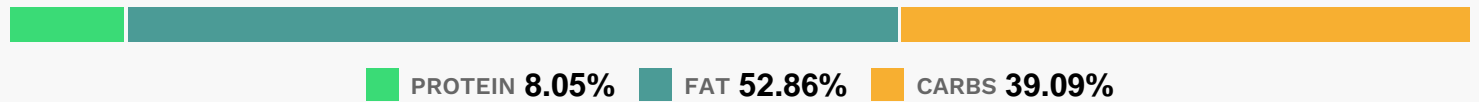
- 0.1 teaspoon ground pepper red
- 0.5 cup nonfat greek yogurt plain
- 1 cup grilled onion red chopped
- 0.3 teaspoon pepper
- 8 servings baked sweet potato chips
- 0.1 teaspoon salt
- 0.5 cup cup heavy whipping cream light sour
- 0.3 teaspoon worcestershire sauce

# Equipment

## Directions

- Combine onion, yogurt, sour cream, pepper, Worcestershire sauce, ground red pepper, and salt.
- Serve with baked sweet potato chips.

## Nutrition Facts



## Properties

Glycemic Index:11.38, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:6.1195651526036%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

## Nutrients (% of daily need)

Calories: 184.54kcal (9.23%), Fat: 11.12g (17.1%), Saturated Fat: 1.92g (12.03%), Carbohydrates: 18.5g (6.17%), Net Carbohydrates: 17.27g (6.28%), Sugar: 1.4g (1.56%), Cholesterol: 5.66mg (1.89%), Sodium: 203.59mg (8.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.62%), Vitamin E: 2.97mg (19.8%), Vitamin B5: 1.28mg (12.84%), Potassium: 416.27mg (11.89%), Manganese: 0.22mg (11.08%), Vitamin C: 7.71mg (9.34%), Vitamin B6: 0.18mg (9.23%), Phosphorus: 76.15mg (7.61%), Vitamin B3: 1.4mg (6.99%), Vitamin K: 6.47µg (6.16%), Magnesium: 22.63mg (5.66%), Vitamin B1: 0.08mg (5.18%), Fiber: 1.23g (4.93%), Vitamin B2: 0.08mg (4.89%), Calcium: 45.17mg (4.52%), Copper: 0.08mg (3.95%), Folate: 14.44µg (3.61%), Selenium: 2.49µg (3.56%), Zinc: 0.48mg (3.2%), Vitamin B12: 0.15µg (2.46%), Iron: 0.44mg (2.43%), Vitamin A: 61.54IU (1.23%)