



Classic Onion Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



13 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce carton cream fat-free sour
- ☐ 2 teaspoons soya sauce low-sodium
- ☐ 0.5 cup onion finely chopped
- ☐ 0.3 teaspoon garlic pepper

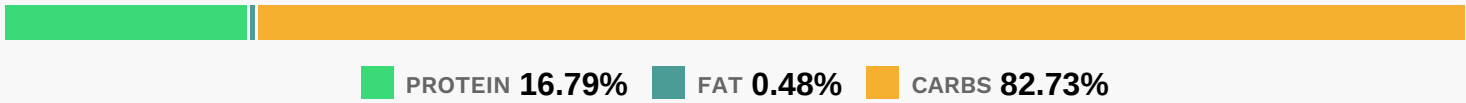
Equipment

- ☐ bowl

Directions

- ☐
- Combine all ingredients in a medium bowl; stir well. Cover and chill 1 hour.
- ☐
- Serve with assorted raw fresh vegetables, whole wheat Melba toast rounds, or reduced-carb chips (vegetables, toast rounds, and chips not included in analysis).
- ☐
- Note: We used fat-free sour cream in this dip recipe to keep the total fat low, but it's fine to use either reduced-fat or regular sour cream.
- ☐
- carbo rating: 1

Nutrition Facts



Properties

Glycemic Index:3.56, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:0.56999999738258%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 12.92kcal (0.65%), Fat: 0.01g (0.01%), Saturated Fat: 0g (0.01%), Carbohydrates: 2.73g (0.91%), Net Carbohydrates: 2.64g (0.96%), Sugar: 0.27g (0.3%), Cholesterol: 1.28mg (0.43%), Sodium: 42.69mg (1.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.11%), Calcium: 19.14mg (1.91%), Phosphorus: 16.03mg (1.6%), Vitamin B2: 0.02mg (1.42%), Selenium: 0.79µg (1.12%)