



Cream Cheese Onion Spread

 Vegetarian

READY IN



15 min.

SERVINGS



12

CALORIES



99 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 tablespoons vegetable oil
- 1 large onion sweet chopped (such as Vidalia, Walla Walla or Maui)
- 1 large onion red chopped
- 1 tablespoon parsley fresh chopped
- 8 ounces cream cheese with chives and onion soft
- 1 serving cocktail rye bread

Equipment

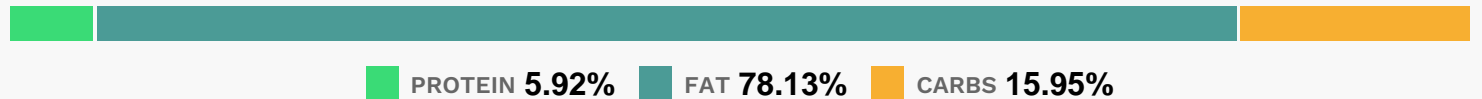
- bowl

frying pan

Directions

- In 10-inch skillet, heat oil over medium heat. Cook onions in oil about 5 minutes, stirring occasionally, until tender.
- Stir in parsley and cream cheese until smooth. Spoon into small bowl.
- Serve warm or cold with cocktail bread.

Nutrition Facts



Properties

Glycemic Index:11.53, Glycemic Load:0.49, Inflammation Score:-3, Nutrition Score:2.2282608721567%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg

Nutrients (% of daily need)

Calories: 99.02kcal (4.95%), Fat: 8.8g (13.55%), Saturated Fat: 4.17g (26.05%), Carbohydrates: 4.04g (1.35%), Net Carbohydrates: 3.62g (1.32%), Sugar: 2.49g (2.77%), Cholesterol: 19.09mg (6.36%), Sodium: 62.61mg (2.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (3%), Vitamin K: 10.15µg (9.67%), Vitamin A: 282.37IU (5.65%), Vitamin B2: 0.05mg (3.06%), Phosphorus: 30.63mg (3.06%), Vitamin C: 2.45mg (2.96%), Vitamin B6: 0.06mg (2.89%), Calcium: 26.48mg (2.65%), Selenium: 1.84µg (2.62%), Folate: 10.39µg (2.6%), Vitamin E: 0.36mg (2.39%), Potassium: 73.14mg (2.09%), Manganese: 0.04mg (1.8%), Fiber: 0.42g (1.68%), Vitamin B5: 0.15mg (1.48%), Vitamin B1: 0.02mg (1.37%), Magnesium: 5.3mg (1.33%), Copper: 0.02mg (1.15%)