



Creamy Vidalia Onion Dip

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz italian* five cheese shredded with a touch of philadelphia kraft
- 2 cups real mayo mayonnaise kraft
- 1 large walla walla onion coarsely chopped

Equipment

- oven
- baking pan

Directions

- Heat oven to 375F.
- Combine ingredients.
- Spread onto bottom of 8-inch square baking dish sprayed with cooking spray.
- Bake 30 min. or until heated through.

Nutrition Facts

PROTEIN 6.49% **FAT 89.9%** **CARBS 3.61%**

Properties

Glycemic Index:1.25, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.1817391260487%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 97.01kcal (4.85%), Fat: 9.8g (15.08%), Saturated Fat: 1.54g (9.61%), Carbohydrates: 0.89g (0.3%), Net Carbohydrates: 0.81g (0.3%), Sugar: 0.48g (0.53%), Cholesterol: 5.84mg (1.95%), Sodium: 82.55mg (3.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.18%), Vitamin K: 18.28µg (17.41%), Vitamin E: 0.37mg (2.46%), Calcium: 13.89mg (1.39%)