



Dairy-Free Caramelized Onion Dip



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



199 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 servings bell pepper black to taste
- ☐ 1 Tablespoon canola oil
- ☐ 0.3 Teaspoon cayenne pepper
- ☐ 1 Teaspoon dijon mustard
- ☐ 12 Ounce extra-firm silken tofu
- ☐ 0.5 Teaspoon garlic powder
- ☐ 3 Tablespoons butter
- ☐ 0.3 cup nutritional yeast

- ☐ 3 onions diced
- ☐ 1 Teaspoon salt

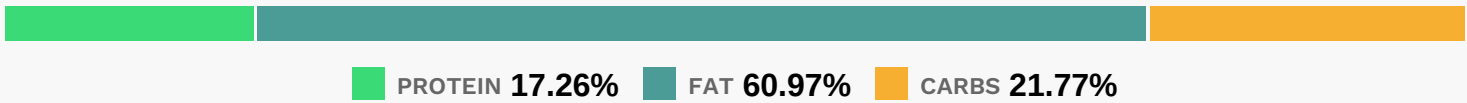
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Set a saute pan over medium heat and begin by melting the margarine.
- ☐ Add in the oil once the margarine is liquefied, and then dump in all of the onion, tossing to coat. Turn the heat down to medium-low, and continue to cook gently for 40 – 45 minutes, stirring occasionally. Incorporate the spices and salt, cooking for an additional 10 minutes until amber brown and nicely caramelized. Slide the onions out onto a plate and let cool. Pull out your food processor and completely puree the tofu, scraping down the sides of the bowl as necessary so that there are no lumps remaining. Blend in the mustard, garlic powder, and nutritional yeast. Finally, add the caramelized onions, and pulse to combine, making sure not to over do it so that you still have nice chunks of onions.
- ☐ Transfer the dip into an air-tight container, and refrigerate overnight to allow flavors to meld together and intensify.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:1.74, Inflammation Score:-6, Nutrition Score:5.3673912669006%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.75mg, Quercetin:

16.75mg, Quercetin: 16.75mg, Quercetin: 16.75mg

Nutrients (% of daily need)

Calories: 199.18kcal (9.96%), Fat: 13.84g (21.29%), Saturated Fat: 2.31g (14.44%), Carbohydrates: 11.12g (3.71%), Net Carbohydrates: 8.8g (3.2%), Sugar: 4.38g (4.87%), Cholesterol: 0mg (0%), Sodium: 751.3mg (32.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.81g (17.62%), Phosphorus: 114.82mg (11.48%), Copper: 0.21mg (10.37%), Fiber: 2.32g (9.29%), Potassium: 321.15mg (9.18%), Vitamin A: 430.68IU (8.61%), Magnesium: 32.79mg (8.2%), Iron: 1.42mg (7.87%), Vitamin C: 6.23mg (7.55%), Vitamin B1: 0.11mg (7.38%), Vitamin E: 1mg (6.66%), Manganese: 0.13mg (6.6%), Vitamin B6: 0.12mg (5.99%), Calcium: 50.56mg (5.06%), Zinc: 0.68mg (4.5%), Folate: 16.19µg (4.05%), Vitamin B2: 0.06mg (3.4%), Vitamin K: 3.11µg (2.96%), Vitamin B3: 0.32mg (1.6%), Selenium: 0.94µg (1.35%), Vitamin B5: 0.12mg (1.18%)