



## Double-Onion Dip

 Vegetarian

READY IN



50 min.

SERVINGS



16

CALORIES



214 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 8 oz philadelphia cream cheese softened
- 1 green onion chopped
- 0.3 tsp ground pepper red (cayenne)
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 1 cup miracle whip dressing
- 16 servings wheat snack crackers thin
- 2 cups onion yellow chopped

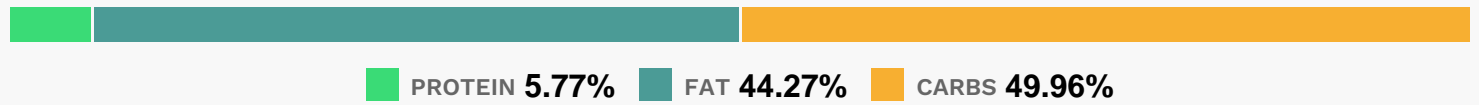
## Equipment

- bowl
- frying pan

## Directions

- Heat Italian dressing in large skillet on medium heat.
- Add yellow onions; cook 15 to 20 min. or until browned and caramelized, stirring occasionally. Stir in pepper. Cool.
- Mix cream cheese and MIRACLE WHIP in medium bowl until blended.
- Add caramelized onions and green onions; mix well.
- Serve with crackers.

## Nutrition Facts



## Properties

Glycemic Index:7.38, Glycemic Load:0.64, Inflammation Score:-2, Nutrition Score:2.0508695439152%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

## Nutrients (% of daily need)

Calories: 214kcal (10.7%), Fat: 10.68g (16.43%), Saturated Fat: 4.01g (25.09%), Carbohydrates: 27.11g (9.04%), Net Carbohydrates: 24.46g (8.89%), Sugar: 7.18g (7.98%), Cholesterol: 15.75mg (5.25%), Sodium: 416.19mg (18.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.26%), Fiber: 2.65g (10.62%), Iron: 0.82mg (4.56%), Vitamin A: 221.61IU (4.43%), Calcium: 38.73mg (3.87%), Vitamin K: 2.98µg (2.84%), Vitamin B2: 0.04mg (2.29%), Phosphorus: 22.4mg (2.24%), Vitamin C: 1.65mg (2%), Selenium: 1.36µg (1.95%), Potassium: 59.9mg (1.71%), Vitamin B6: 0.03mg (1.71%), Manganese: 0.03mg (1.48%), Folate: 5.59µg (1.4%), Vitamin E: 0.18mg (1.19%), Vitamin B5: 0.11mg (1.06%)