



## Emily's Famous Onion Dip

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tablespoons butter
- 1 small onion finely chopped
- 2 cups yogurt plain
- 8 servings salt and pepper to taste
- 0.5 teaspoon vinegar white

### Equipment

- bowl
- frying pan

## Directions

- Melt butter in a skillet over medium heat.
- Saute onions in butter until tender and lightly browned.
- Transfer onions to a serving bowl, and stir in yogurt and vinegar. Season with salt and pepper to taste. Refrigerate for at least one hour before serving to blend flavors. This tastes even better if it sits overnight. The onion flavor gets stronger.

## Nutrition Facts

**PROTEIN 13.39%** **FAT 64.75%** **CARBS 21.86%**

## Properties

Glycemic Index:18.25, Glycemic Load:0.72, Inflammation Score:-2, Nutrition Score:2.0830434651478%

## Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

## Nutrients (% of daily need)

Calories: 66.01kcal (3.3%), Fat: 4.84g (7.44%), Saturated Fat: 3.09g (19.29%), Carbohydrates: 3.67g (1.22%), Net Carbohydrates: 3.53g (1.28%), Sugar: 3.23g (3.59%), Cholesterol: 15.49mg (5.16%), Sodium: 244.83mg (10.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.5%), Calcium: 77.1mg (7.71%), Phosphorus: 61.58mg (6.16%), Vitamin B2: 0.09mg (5.33%), Vitamin B12: 0.23µg (3.88%), Potassium: 108.6mg (3.1%), Vitamin A: 148.28IU (2.97%), Zinc: 0.38mg (2.53%), Vitamin B5: 0.25mg (2.53%), Magnesium: 8.3mg (2.08%), Selenium: 1.43µg (2.04%), Folate: 6.05µg (1.51%), Vitamin B6: 0.03mg (1.51%), Vitamin B1: 0.02mg (1.46%), Vitamin C: 0.95mg (1.16%)