

Engagement Dip



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



678 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



2 cups mayonnaise



2 cups cheddar cheese shredded



2 cups onion sweet chopped

Equipment



oven

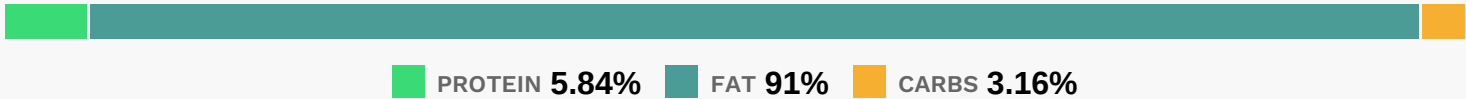


casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Stir sweet onion, mayonnaise, and Cheddar cheese together in an casserole dish.
- ☐ Bake in preheated oven until golden and bubbly, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.46, Inflammation Score:-5, Nutrition Score:11.415217391823%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 7.74mg, Quercetin: 7.74mg, Quercetin: 7.74mg, Quercetin: 7.74mg

Nutrients (% of daily need)

Calories: 678.48kcal (33.92%), Fat: 68.7g (105.69%), Saturated Fat: 15.97g (99.8%), Carbohydrates: 5.37g (1.79%), Net Carbohydrates: 4.89g (1.78%), Sugar: 3.23g (3.59%), Cholesterol: 69.03mg (23.01%), Sodium: 724.74mg (31.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.92g (19.84%), Vitamin K: 122.77µg (116.92%), Calcium: 282.94mg (28.29%), Phosphorus: 202.59mg (20.26%), Vitamin E: 2.74mg (18.28%), Selenium: 12.64µg (18.06%), Vitamin B2: 0.19mg (11.23%), Zinc: 1.56mg (10.42%), Vitamin A: 426.49IU (8.53%), Vitamin B12: 0.49µg (8.15%), Folate: 23.91µg (5.98%), Vitamin B6: 0.1mg (5.06%), Magnesium: 15.72mg (3.93%), Vitamin B5: 0.34mg (3.36%), Vitamin C: 2.56mg (3.1%), Potassium: 107.4mg (3.07%), Copper: 0.06mg (2.82%), Vitamin B1: 0.04mg (2.68%), Vitamin D: 0.38µg (2.5%), Manganese: 0.05mg (2.48%), Iron: 0.36mg (1.98%), Fiber: 0.48g (1.92%)