

Fast and Easy French Onion Dip

READY IN



10 min.

SERVINGS



8

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon dehydrated onion dried minced
- 1 ounce onion soup mix dry
- 0.5 cup mayonnaise fat-free
- 0.1 cup spring onion chopped
- 1.3 cups cream sour
- 8 servings salt and pepper to taste

Equipment

- bowl

Directions

In a medium bowl, stir together nonfat sour cream, fat-free mayonnaise, green onion, dry onion soup mix, dry minced onion, salt and pepper. Chill until serving.

Nutrition Facts

 **PROTEIN 11.37%**  **FAT 7.15%**  **CARBS 81.48%**

Properties

Glycemic Index:4, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.9282608874466%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 50.14kcal (2.51%), Fat: 0.41g (0.62%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 10.39g (3.46%), Net Carbohydrates: 9.83g (3.57%), Sugar: 1.89g (2.1%), Cholesterol: 4.53mg (1.51%), Sodium: 643.11mg (27.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.9%), Vitamin K: 6.86µg (6.53%), Calcium: 52.5mg (5.25%), Phosphorus: 43.38mg (4.34%), Vitamin B2: 0.07mg (3.94%), Selenium: 2.14µg (3.06%), Potassium: 85.83mg (2.45%), Fiber: 0.56g (2.25%), Vitamin A: 107.78IU (2.16%), Vitamin B12: 0.11µg (1.8%), Vitamin B1: 0.03mg (1.73%), Magnesium: 6.47mg (1.62%), Manganese: 0.03mg (1.59%), Zinc: 0.24mg (1.57%), Vitamin B6: 0.03mg (1.56%), Folate: 5.21µg (1.3%), Copper: 0.02mg (1.16%)