



 **5%**  
HEALTH SCORE

## Vidalia Sweet Onion Dip

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**5**

CALORIES



**537 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 5 servings hot sauce to taste
- 1 cup mayonnaise
- 0.5 cup parmesan cheese grated
- 2 cups swiss cheese shredded
- 2 cups onion sweet thinly sliced

### Equipment

- oven
- casserole dish

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Stir the mayonnaise, Swiss cheese, Parmesan cheese, Vidalia onion, and hot sauce together in a casserole dish.
- Bake in the preheated oven until the edges are golden brown, 30 to 35 minutes. Allow to cool 10 minutes before serving.

## Nutrition Facts

**PROTEIN 11.58%** **FAT 83.25%** **CARBS 5.17%**

## Properties

Glycemic Index:15.4, Glycemic Load:0.3, Inflammation Score:-6, Nutrition Score:12.883478322755%

## Flavonoids

Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg

## Nutrients (% of daily need)

Calories: 537.01kcal (26.85%), Fat: 49.75g (76.54%), Saturated Fat: 14.65g (91.59%), Carbohydrates: 6.95g (2.32%), Net Carbohydrates: 6.37g (2.32%), Sugar: 3.48g (3.86%), Cholesterol: 67.69mg (22.56%), Sodium: 547.16mg (23.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.57g (31.13%), Vitamin K: 73.99µg (70.47%), Calcium: 489.27mg (48.93%), Phosphorus: 338.07mg (33.81%), Selenium: 17.85µg (25.51%), Vitamin B12: 1.49µg (24.89%), Zinc: 2.47mg (16.48%), Vitamin E: 1.79mg (11.95%), Vitamin B2: 0.19mg (10.99%), Vitamin A: 474.98IU (9.5%), Vitamin B6: 0.13mg (6.26%), Magnesium: 23.97mg (5.99%), Folate: 21.45µg (5.36%), Potassium: 134.34mg (3.84%), Vitamin C: 3.15mg (3.81%), Vitamin B5: 0.36mg (3.58%), Copper: 0.07mg (3.43%), Manganese: 0.06mg (3.12%), Vitamin B1: 0.04mg (2.55%), Fiber: 0.58g (2.31%), Iron: 0.36mg (2.01%)