



Finger Lickin' Onion Dip

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



3

CALORIES



580 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon pepper black
- 1 teaspoon basil dried
- 1 teaspoon tarragon dried
- 2.5 tablespoons olive oil extra virgin
- 1.5 ounces goat cheese fresh crumbled
- 1 teaspoon paprika
- 0.5 teaspoon salt to taste
- 2.5 cups cream sour

- 1 tablespoon butter unsalted
- 1 large onion yellow halved sliced thin

Equipment

- bowl
- frying pan

Directions

- Melt the butter with the olive oil in a shallow skillet over medium heat; cook the onion in the butter and oil until translucent. Season with salt, pepper, basil, paprika, tarragon, and brown sugar. Reduce heat to medium; cook and stir until the onions have softened and caramelized, 10 to 15 minutes.
- Remove from heat and set aside to cool.
- Mix the goat cheese and sour cream together in a bowl; stir the onions into the mixture.

Nutrition Facts

PROTEIN 5.57% **FAT 84.46%** **CARBS 9.97%**

Properties

Glycemic Index:48, Glycemic Load:1.33, Inflammation Score:-8, Nutrition Score:11.396086975284%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg

Nutrients (% of daily need)

Calories: 579.81kcal (28.99%), Fat: 55.84g (85.91%), Saturated Fat: 25.5g (159.35%), Carbohydrates: 14.83g (4.94%), Net Carbohydrates: 13.4g (4.87%), Sugar: 8.86g (9.85%), Cholesterol: 129.64mg (43.21%), Sodium: 503.16mg (21.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.28g (16.57%), Vitamin A: 1820.62IU (36.41%), Calcium: 245.94mg (24.59%), Vitamin B2: 0.41mg (24.31%), Phosphorus: 203.72mg (20.37%), Vitamin E: 2.79mg (18.59%), Vitamin K: 18.02µg (17.16%), Manganese: 0.28mg (14.12%), Selenium: 7.9µg (11.29%), Potassium: 370.55mg (10.59%), Vitamin B6: 0.21mg (10.55%), Copper: 0.18mg (9.2%), Magnesium: 33.55mg (8.39%), Vitamin

B5: 0.84mg (8.36%), Vitamin B12: 0.44µg (7.29%), Iron: 1.3mg (7.21%), Vitamin C: 5.77mg (6.99%), Folate: 26.14µg (6.54%), Zinc: 0.94mg (6.26%), Fiber: 1.43g (5.71%), Vitamin B1: 0.08mg (5.09%), Vitamin B3: 0.45mg (2.25%)