



French Onion Dip and Chips

READY IN



25 min.

SERVINGS



6

CALORIES



399 kcal

SIDE DISH

Ingredients

- ☐ 1 cube beef bouillon from cube
- ☐ 6 servings bell pepper black
- ☐ 1 tablespoon butter
- ☐ 2 large carrots peeled very thinly sliced
- ☐ 2 tablespoons chives chopped
- ☐ 8 ounces cream cheese softened for 20 seconds on high
- ☐ 2 cloves garlic finely chopped
- ☐ 1 teaspoon ground thyme
- ☐ 1 tablespoons olive oil extra-virgin

- ☐ 2 medium onions very thinly sliced quartered
- ☐ 2 sacks chips recommended: Onion and Garlic flavor Terra brand Yukon gold chips or other specialty chips
- ☐ 1 pinch salt
- ☐ 2 cups cup heavy whipping cream sour
- ☐ 0.5 cup water
- ☐ 2 teaspoons worcestershire sauce
- ☐ 1 medium very zucchini firm very thinly sliced

Equipment

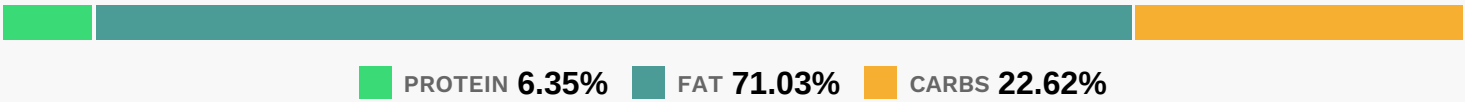
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Place a medium skillet over medium to medium high heat and add the extra-virgin olive oil and the butter. Melt butter into oil then add onions and garlic cook 10 minutes, stirring occasionally.
- ☐ Add bouillon cube to the pan with 1/2 cup water and cook until it "melts" coats onions, stirring frequently, 3 minutes. Season the onions with pepper, thyme and Worcestershire sauce.
- ☐ Remove from heat and transfer to a plate to quick-cool a bit.
- ☐ In a medium bowl, mix together the sour cream and softened creamed cheese using a rubber spatula. Stir in the onion mixture until completely combined, add salt if necessary and adjust your seasonings.
- ☐ Serve at room temperature or chill.
- ☐ Garnish with chives.
- ☐ Pack up chips as-is. Season the veggie chips with salt and pack up with a paper towel to capture excess moisture in a plastic food bag. If serving at home, salt vegetables in single layer, let stand 5 minutes then pat dry. Arrange chips and vegetable chips around dip and

serve.

Nutrition Facts



Properties

Glycemic Index:59.43, Glycemic Load:9.55, Inflammation Score:-10, Nutrition Score:14.614782706551%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.9mg, Isorhamnetin: 1.9mg, Isorhamnetin: 1.9mg, Isorhamnetin: 1.9mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg

Nutrients (% of daily need)

Calories: 399.24kcal (19.96%), Fat: 32.38g (49.82%), Saturated Fat: 16.97g (106.09%), Carbohydrates: 23.21g (7.74%), Net Carbohydrates: 20.2g (7.35%), Sugar: 8.22g (9.13%), Cholesterol: 88.43mg (29.48%), Sodium: 217.78mg (9.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.51g (13.02%), Vitamin A: 5172.31IU (103.45%), Vitamin C: 23.07mg (27.96%), Vitamin B6: 0.37mg (18.26%), Potassium: 626.49mg (17.9%), Vitamin B2: 0.29mg (17.35%), Phosphorus: 166.91mg (16.69%), Calcium: 152.16mg (15.22%), Manganese: 0.29mg (14.26%), Vitamin K: 14.5µg (13.81%), Fiber: 3g (12.01%), Selenium: 6.73µg (9.62%), Folate: 38.23µg (9.56%), Magnesium: 38.25mg (9.56%), Vitamin B5: 0.83mg (8.31%), Vitamin E: 1.24mg (8.23%), Vitamin B1: 0.12mg (8.14%), Copper: 0.14mg (6.94%), Iron: 1.18mg (6.54%), Vitamin B3: 1.17mg (5.86%), Zinc: 0.87mg (5.78%), Vitamin B12: 0.25µg (4.14%)