

STARTER & SNACK

# French Onion Dip From Scratch

7 October 2026

| TOTAL TIME | PREP  | COOK   | SERVES | PER SERVING | CALORIES |
|------------|-------|--------|--------|-------------|----------|
| 25 min     | 5 min | 20 min | 8      | \$0.46      | 291 kcal |



The recipe French Onion Dip From Scratch is ready in approximately 25 minutes and is definitely a great gluten free and lacto ovo vegetarian option for lovers of Mediterranean food. This recipe serves 8. One portion of this dish contains about 1g of protein, 30g of fat, and a total of 291 calories.

## Ingredients

- ☐ ½ teaspoon garlic powder
- ☐ ½ teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 1 cup sour cream
- ☐ ¼ teaspoon ground white pepper
- ☐ 1 cup mayonnaise
- ☐ 1½ cups chopped onion

EQUIPMENT Frying pan

## Method

- 1 Heat the oil in a large skillet over medium heat; add the onions and 1/4 teaspoon of kosher salt. Cook and stir until the onions are caramelized to a nice golden brown, about 20 minutes.
- 2 Remove the onions from the heat and cool.
- 3 Mix together the sour cream, mayonnaise, garlic powder, white pepper, and remaining kosher salt. Stir in the onions when they are cool. Cover and refrigerate the dip for at least 2 hours before serving.

### Nutrition per serving

| 291           | 1 g     | 30 g | 4 g                          |
|---------------|---------|------|------------------------------|
| KCAL          | PROTEIN | FAT  | CARBS                        |
| Saturated Fat |         |      | 6.7 g · 42% of daily needs   |
| Fibre         |         |      | 0.5 g · 2% of daily needs    |
| Sugar         |         |      | 2.4 g · 3% of daily needs    |
| Sodium        |         |      | 333 mg · 15% of daily needs  |
| Cholesterol   |         |      | 28.7 mg · 10% of daily needs |
| Vitamin C     |         |      | 2.5 mg · 3% of daily needs   |

Adapted from Allrecipes. Find this recipe, ratings and more ideas at [whatsheate.com/french-onion-dip-from-scratch-148552](https://whatsheate.com/french-onion-dip-from-scratch-148552)