



Fried Onion Dip

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Dash cayenne pepper
- 2 ounces cream cheese at room temperature
- 1 tablespoon chives fresh plus more for garnish finely chopped
- 3 cloves garlic chopped
- 1 teaspoon honey
- 4 tablespoons butter salted ()
- 8 servings sea salt and pepper black freshly ground fine
- 0.8 cup cup heavy whipping cream sour

- 1 medium onion sweet cut into 1/2-inch-thick rings
- 0.3 cup vermouth dry white dry

Equipment

- bowl
- frying pan
- mixing bowl
- spatula
- cutting board

Directions

- Watch how to make this recipe.
- First, clarify the butter so that you can fry the onions at high heat and put a very dark, almost burnt crust on them.
- Heat the butter in a small skillet over medium-high heat until it foams and browns.
- Remove from the heat. Tilt the skillet and carefully spoon off the foam, saving it in a small bowl.
- Pour the clear butter into another bowl, and pour the dark dregs at the bottom of the skillet into the bowl with the foam.
- Add the clear butter to a larger heavy skillet. (Discard the butter foam and dregs.)
- Heat the skillet over medium-high heat.
- Add the onions, 3/4 teaspoon salt and 1/4 teaspoon pepper. Fry the onions, flipping them now and then, until they're dark on the edges, even black and crispy in spots, about 10 minutes.
- Add the honey and garlic and cook for 1 more minute.
- Add the vermouth, bring to a simmer and cook until the liquid thickens, about 3 minutes.
- Remove from the heat and let cool.
- Put the sour cream and cream cheese in a mixing bowl and mix with a rubber spatula until smooth. Finely chop the fried onions on a cutting board and add them, along with their pan juices, to the cream cheese mixture. Stir in the chives.
- Add the cayenne and season with salt.

Transfer to a small bowl and garnish with more chives. (This can be made ahead of time and refrigerated.)

Nutrition Facts

PROTEIN 4.15% **FAT 79.08%** **CARBS 16.77%**

Properties

Glycemic Index:35.41, Glycemic Load:0.63, Inflammation Score:-4, Nutrition Score:2.5208695556806%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg

Nutrients (% of daily need)

Calories: 141.82kcal (7.09%), Fat: 12.35g (18.99%), Saturated Fat: 7.21g (45.07%), Carbohydrates: 5.89g (1.96%), Net Carbohydrates: 5.46g (1.98%), Sugar: 3.89g (4.33%), Cholesterol: 34.93mg (11.64%), Sodium: 77.89mg (3.39%), Alcohol: 0.77g (100%), Alcohol %: 1.13% (100%), Protein: 1.46g (2.91%), Vitamin A: 427.03IU (8.54%), Vitamin B6: 0.09mg (4.29%), Calcium: 42.18mg (4.22%), Phosphorus: 40.34mg (4.03%), Vitamin B2: 0.07mg (3.92%), Manganese: 0.08mg (3.86%), Vitamin C: 2.76mg (3.35%), Folate: 12.21µg (3.05%), Potassium: 100.21mg (2.86%), Selenium: 1.87µg (2.67%), Vitamin E: 0.32mg (2.13%), Magnesium: 8.05mg (2.01%), Vitamin K: 2.11µg (2.01%), Vitamin B1: 0.03mg (1.75%), Vitamin B5: 0.17mg (1.74%), Fiber: 0.44g (1.74%), Copper: 0.03mg (1.71%), Zinc: 0.19mg (1.3%), Vitamin B12: 0.07µg (1.21%), Iron: 0.19mg (1.06%)