





 **32%**
HEALTH SCORE

Herbed Goat Cheese Yogurt Dip w. Caramelized Onions


 Vegetarian  Gluten Free

READY IN




45 min.

SERVINGS



1

CALORIES



545 kcal

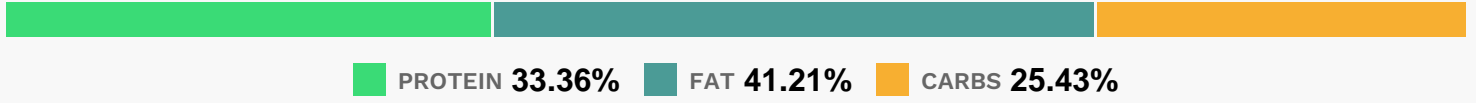
SIDE DISH

Ingredients

- 1 cup caramelized onions chopped
- 2 T dill dried
- 1 T parsley dried
- 0.3 cup chives fresh chopped
- 4 ounce goat cheese
- 1 cup greek yogurt
- 1 serving steak seasoning

Equipment

Nutrition Facts



Properties

Glycemic Index:72, Glycemic Load:4.95, Inflammation Score:-10, Nutrition Score:32.33347826087%

Flavonoids

Apigenin: 72.08mg, Apigenin: 72.08mg, Apigenin: 72.08mg, Apigenin: 72.08mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 17.8mg, Isorhamnetin: 17.8mg, Isorhamnetin: 17.8mg, Isorhamnetin: 17.8mg Kaempferol: 2.53mg, Kaempferol: 2.53mg, Kaempferol: 2.53mg, Kaempferol: 2.53mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 48.39mg, Quercetin: 48.39mg, Quercetin: 48.39mg, Quercetin: 48.39mg

Taste

Sweetness: 56.98%, Saltiness: 100%, Sourness: 42.55%, Bitterness: 30.7%, Savoriness: 46.71%, Fattiness: 79.25%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 545.27kcal (27.26%), Fat: 25.46g (39.17%), Saturated Fat: 16.96g (106%), Carbohydrates: 35.34g (11.78%), Net Carbohydrates: 29.58g (10.76%), Sugar: 17.92g (19.91%), Cholesterol: 62.16mg (20.72%), Sodium: 519.71mg (22.6%), Protein: 46.38g (92.76%), Phosphorus: 680.6mg (68.06%), Vitamin B2: 1.13mg (66.33%), Calcium: 593.01mg (59.3%), Vitamin K: 62.15µg (59.19%), Copper: 1.03mg (51.58%), Manganese: 1.01mg (50.61%), Vitamin B6: 0.86mg (42.77%), Vitamin A: 2065.79IU (41.32%), Iron: 7.03mg (39.07%), Selenium: 24.61µg (35.16%), Vitamin C: 28.61mg (34.68%), Potassium: 947.35mg (27.07%), Vitamin B12: 1.62µg (26.92%), Magnesium: 106.79mg (26.7%), Fiber: 5.76g (23.03%), Folate: 88.59µg (22.15%), Zinc: 2.91mg (19.43%), Vitamin B1: 0.27mg (18.27%), Vitamin B5: 1.77mg (17.73%), Vitamin B3: 1.64mg (8.2%), Vitamin E: 0.46mg (3.08%), Vitamin D: 0.45µg (3.02%)