



Hot Caramelized Onion Dip



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



495 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounces cream cheese softened ()
- ☐ 0.5 cup mayonnaise
- ☐ 1 tablespoon oil
- ☐ 0.5 cup parmigiano reggiano grated ()
- ☐ 4 servings bell pepper to taste
- ☐ 4 large onions sweet sliced ()
- ☐ 0.5 cup water

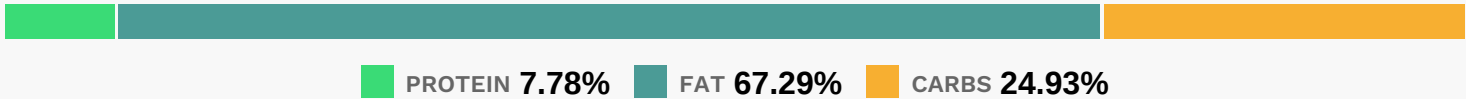
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat the oil in a pan over medium heat, add the onions and water and cook until completely tender and caramelized and golden, about 40–50 minutes, stirring every 10 minutes or so, adding more water as needed.
- ☐ Mix everything and place it in a baking dish.
- ☐ Bake in a preheated 350F oven until the top is nice and browned, about 30–50 minutes.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:1.55, Inflammation Score:-10, Nutrition Score:21.150869683079%

Flavonoids

Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 3.79mg, Kaempferol: 3.79mg, Kaempferol: 3.79mg, Kaempferol: 3.79mg Myricetin: 3.77mg, Myricetin: 3.77mg, Myricetin: 3.77mg Quercetin: 48.23mg, Quercetin: 48.23mg, Quercetin: 48.23mg, Quercetin: 48.23mg

Nutrients (% of daily need)

Calories: 494.85kcal (24.74%), Fat: 37.91g (58.33%), Saturated Fat: 11.36g (70.97%), Carbohydrates: 31.61g (10.54%), Net Carbohydrates: 27.07g (9.84%), Sugar: 21.07g (23.41%), Cholesterol: 48.89mg (16.3%), Sodium: 498.01mg (21.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.87g (19.73%), Vitamin C: 111.25mg (134.85%), Vitamin A: 2832.46IU (56.65%), Vitamin K: 53.59µg (51.04%), Vitamin B6: 0.68mg (33.83%), Folate: 115.23µg (28.81%), Calcium: 250.04mg (25%), Phosphorus: 231.7mg (23.17%), Vitamin E: 3.05mg (20.3%), Fiber: 4.54g (18.17%), Potassium: 605.61mg (17.3%), Manganese: 0.34mg (17.13%), Vitamin B2: 0.24mg (14.21%), Vitamin B1: 0.19mg (12.68%), Magnesium: 47.36mg (11.84%), Selenium: 7.62µg (10.89%), Copper: 0.22mg (10.86%), Vitamin B5: 0.83mg (8.27%), Zinc: 1.15mg (7.65%), Iron: 1.37mg (7.63%), Vitamin B3: 1.23mg (6.15%), Vitamin B12: 0.25µg (4.1%)