



Hot Caramelized Onion Dip with Bacon and Gruyère

 Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 bacon
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons butter
- ☐ 0.5 teaspoon thyme sprigs fresh minced
- ☐ 3 ounces gruyere cheese shredded
- ☐ 0.5 cup mayonnaise
- ☐ 1 pound onion spanish halved thinly sliced

- ☐ 0.3 teaspoon sea salt
- ☐ 1 tablespoon sherry vinegar
- ☐ 0.5 cup cream sour
- ☐ 0.3 teaspoon sugar
- ☐ 1 teaspoon vegetable oil

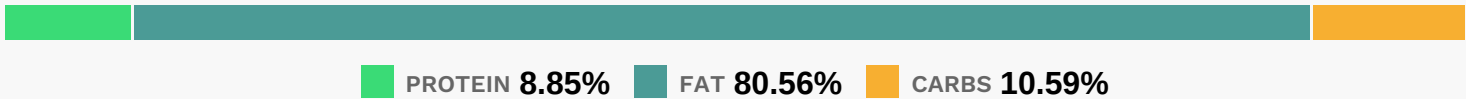
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Melt butter with oil in a large skillet over medium-high heat.
- ☐ Add onions, sugar, and salt; cook, stirring occasionally, 8 minutes or until onions soften and just begin to turn golden. Reduce heat to medium, and cook, stirring often, 20 minutes or until onions turn deep golden brown. Stir in vinegar, scraping bottom of skillet to deglaze pan. Cook, stirring often, until vinegar is reduced by half. Stir in thyme.
- ☐ Cook bacon in a large skillet over medium-high heat 8 to 10 minutes or until crisp.
- ☐ Drain on paper towels; finely crumble.
- ☐ Combine cheese and next 3 ingredients in a medium bowl. Stir in onions and bacon.
- ☐ Transfer to a 2-cup baking dish.
- ☐ Bake 20 minutes or until mixture bubbles and top is lightly golden.

Nutrition Facts



Properties

Glycemic Index:27.41, Glycemic Load:1.05, Inflammation Score:-4, Nutrition Score:4.1486956373505%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.21mg, Quercetin: 9.21mg, Quercetin: 9.21mg, Quercetin: 9.21mg

Nutrients (% of daily need)

Calories: 191.77kcal (9.59%), Fat: 17.29g (26.59%), Saturated Fat: 5.56g (34.75%), Carbohydrates: 5.11g (1.7%), Net Carbohydrates: 4.31g (1.57%), Sugar: 2.51g (2.79%), Cholesterol: 27.35mg (9.12%), Sodium: 245.62mg (10.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.55%), Vitamin K: 19.82µg (18.88%), Calcium: 110.17mg (11.02%), Phosphorus: 85.75mg (8.57%), Selenium: 3.48µg (4.98%), Vitamin C: 3.63mg (4.4%), Vitamin B6: 0.09mg (4.25%), Vitamin A: 192.91IU (3.86%), Vitamin B2: 0.06mg (3.75%), Zinc: 0.55mg (3.64%), Manganese: 0.07mg (3.58%), Vitamin E: 0.53mg (3.55%), Vitamin B12: 0.21µg (3.47%), Fiber: 0.8g (3.19%), Vitamin B1: 0.05mg (3.18%), Potassium: 104.91mg (3%), Folate: 10.8µg (2.7%), Magnesium: 9.98mg (2.49%), Vitamin B5: 0.2mg (2%), Vitamin B3: 0.34mg (1.7%), Copper: 0.03mg (1.44%), Iron: 0.2mg (1.1%)