

Hot Onion Dip

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



671 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 24 ounce cream cheese softened
- 0.5 cup mayonnaise
- 1 onion finely chopped
- 2 cups parmesan cheese grated

Equipment

- oven
- baking pan

Directions

- Preheat oven to 400 degrees F (200 degrees C). Lightly grease a medium baking dish.
- In the prepared dish, mix the cream cheese, onion, Parmesan cheese and mayonnaise.
- Bake in the preheated oven 30 minutes, or until bubbly and lightly browned.

Nutrition Facts

PROTEIN 10.15% **FAT 82.65%** **CARBS 7.2%**

Properties

Glycemic Index:17.33, Glycemic Load:2.12, Inflammation Score:-8, Nutrition Score:12.23521738467%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 671.49kcal (33.57%), Fat: 62.32g (95.88%), Saturated Fat: 30.26g (189.15%), Carbohydrates: 12.21g (4.07%), Net Carbohydrates: 11.9g (4.33%), Sugar: 5.17g (5.75%), Cholesterol: 151.37mg (50.46%), Sodium: 1058.67mg (46.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.22g (34.44%), Calcium: 410.37mg (41.04%), Vitamin A: 1823.77IU (36.48%), Phosphorus: 341.91mg (34.19%), Vitamin K: 33.45µg (31.86%), Selenium: 21.94µg (31.34%), Vitamin B2: 0.38mg (22.61%), Zinc: 2.07mg (13.8%), Vitamin B12: 0.72µg (12.03%), Vitamin E: 1.76mg (11.74%), Vitamin B5: 0.81mg (8.09%), Potassium: 241.52mg (6.9%), Magnesium: 23.89mg (5.97%), Vitamin B6: 0.11mg (5.7%), Folate: 16.62µg (4.16%), Manganese: 0.07mg (3.29%), Vitamin B1: 0.05mg (3.03%), Copper: 0.04mg (2.22%), Iron: 0.35mg (1.96%), Vitamin C: 1.36mg (1.64%), Vitamin D: 0.2µg (1.36%), Fiber: 0.31g (1.25%)