

Hot Sweet Onion Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



666 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups mayonnaise
- 2 cups onion sweet chopped
- 2 cups swiss cheese shredded

Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 400 degrees F (200 degrees C). Lightly grease an 8x8 inch baking dish.
- In a medium bowl, mix together sweet onions, mayonnaise and Swiss cheese.
- Transfer mixture to the baking dish.
- Bake in the preheated oven 20 to 30 minutes, or until bubbly and lightly browned. Cool before serving.

Nutrition Facts

PROTEIN 6.52% **FAT 90.5%** **CARBS 2.98%**

Properties

Glycemic Index:12.83, Glycemic Load:0.35, Inflammation Score:-5, Nutrition Score:12.00956526917%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 7.74mg, Quercetin: 7.74mg, Quercetin: 7.74mg, Quercetin: 7.74mg

Nutrients (% of daily need)

Calories: 666.28kcal (33.31%), Fat: 67.05g (103.16%), Saturated Fat: 15.29g (95.55%), Carbohydrates: 4.97g (1.66%), Net Carbohydrates: 4.49g (1.63%), Sugar: 3.1g (3.45%), Cholesterol: 64.84mg (21.61%), Sodium: 545mg (23.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.86g (21.73%), Vitamin K: 122.37µg (116.54%), Calcium: 337.04mg (33.7%), Phosphorus: 236.72mg (23.67%), Vitamin B12: 1.18µg (19.61%), Selenium: 12.82µg (18.31%), Vitamin E: 2.68mg (17.84%), Zinc: 1.75mg (11.7%), Vitamin B2: 0.13mg (7.88%), Vitamin A: 347.87IU (6.96%), Vitamin B6: 0.1mg (5.03%), Folate: 19.24µg (4.81%), Magnesium: 17.43mg (4.36%), Vitamin B5: 0.34mg (3.35%), Vitamin C: 2.56mg (3.1%), Copper: 0.06mg (3.05%), Potassium: 103.96mg (2.97%), Manganese: 0.05mg (2.38%), Vitamin B1: 0.03mg (2.22%), Fiber: 0.48g (1.92%), Iron: 0.34mg (1.9%)