



Hot Vidalia® Onion Dip

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



794 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups mayonnaise
- 1.5 cups cheddar cheese shredded
- 1 large onion sweet finely chopped vidalia® (such as)
- 2 tablespoons sugar white

Equipment

- oven

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Stir onion, mayonnaise, Cheddar cheese, and sugar together in a pie plate.
- Bake in preheated oven until bubbly and brown around the edges, 25 to 30 minutes.

Nutrition Facts



PROTEIN 5.7% **FAT 87.4%** **CARBS 6.9%**

Properties

Glycemic Index:36.77, Glycemic Load:4.71, Inflammation Score:-6, Nutrition Score:12.77608706381%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg

Nutrients (% of daily need)

Calories: 793.67kcal (39.68%), Fat: 77.32g (118.96%), Saturated Fat: 17.96g (112.28%), Carbohydrates: 13.74g (4.58%), Net Carbohydrates: 12.99g (4.72%), Sugar: 10.76g (11.96%), Cholesterol: 77.65mg (25.89%), Sodium: 817.21mg (35.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.34g (22.68%), Vitamin K: 138.19µg (131.6%), Calcium: 322.92mg (32.29%), Phosphorus: 234.06mg (23.41%), Vitamin E: 3.09mg (20.6%), Selenium: 14.37µg (20.53%), Vitamin B2: 0.22mg (12.97%), Zinc: 1.79mg (11.93%), Vitamin A: 480.02IU (9.6%), Vitamin B12: 0.55µg (9.17%), Folate: 32.13µg (8.03%), Vitamin B6: 0.14mg (7.18%), Magnesium: 19.73mg (4.93%), Vitamin C: 3.97mg (4.81%), Potassium: 148.02mg (4.23%), Vitamin B5: 0.4mg (4.01%), Copper: 0.08mg (3.84%), Manganese: 0.07mg (3.66%), Vitamin B1: 0.05mg (3.64%), Fiber: 0.74g (2.98%), Vitamin D: 0.42µg (2.81%), Iron: 0.46mg (2.57%)