



Onion-Cheese Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



813 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon hot sauce
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 8 ounces sharp cheddar cheese shredded
- ☐ 0.5 cup cup heavy whipping cream sour

☐ 3 large vidalia onions coarsely chopped

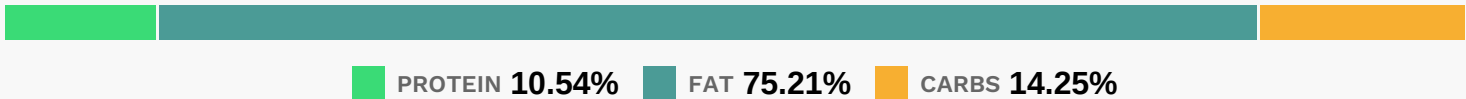
Equipment

☐ frying pan

Directions

- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add onion and garlic: saut 15 minutes or until onion is slightly browned. Reduce heat to medium. Stir in cheese and remaining ingredients. Cook 3 to 5 minutes or until cheese melts.
- ☐ Serve hot with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:0.74, Inflammation Score:-9, Nutrition Score:21.305217463037%

Flavonoids

Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 3.78mg, Kaempferol: 3.78mg, Kaempferol: 3.78mg, Kaempferol: 3.78mg Myricetin: 3.79mg, Myricetin: 3.79mg, Myricetin: 3.79mg Quercetin: 48.08mg, Quercetin: 48.08mg, Quercetin: 48.08mg, Quercetin: 48.08mg

Nutrients (% of daily need)

Calories: 813.45kcal (40.67%), Fat: 68.92g (106.03%), Saturated Fat: 27.56g (172.24%), Carbohydrates: 29.38g (9.79%), Net Carbohydrates: 26.3g (9.56%), Sugar: 18.41g (20.46%), Cholesterol: 133.96mg (44.65%), Sodium: 1235.3mg (53.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.74g (43.47%), Calcium: 648.21mg (64.82%), Vitamin K: 65.47µg (62.35%), Phosphorus: 476.96mg (47.7%), Selenium: 25.58µg (36.54%), Vitamin B2: 0.48mg (28.03%), Vitamin B6: 0.52mg (25.79%), Vitamin A: 1260.13IU (25.2%), Folate: 96.58µg (24.14%), Zinc: 3.41mg (22.75%), Vitamin C: 17.04mg (20.66%), Manganese: 0.33mg (16.33%), Vitamin B12: 0.94µg (15.71%), Potassium: 519.2mg (14.83%), Vitamin E: 2.22mg (14.83%), Magnesium: 55.46mg (13.86%), Fiber: 3.09g (12.35%), Copper: 0.23mg (11.61%), Vitamin B1: 0.17mg (11.47%), Vitamin B5: 0.85mg (8.51%), Iron: 1.14mg (6.36%), Vitamin D: 0.53µg (3.52%), Vitamin B3: 0.53mg (2.66%)