

Onion Dip

 Vegetarian  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup mayonnaise
- 1 tablespoon onion minced
- 1 tablespoon soya sauce
- 1.5 teaspoons water as needed
- 1 tablespoon vinegar white

Equipment

- bowl
- plastic wrap

Directions

- Stir the mayonnaise, white vinegar, soy sauce, and water together in a bowl just until combined.
- Add more water as desired for thinner consistency. Stir in minced onion.
- Cover with plastic wrap and refrigerate until cold.

Nutrition Facts

PROTEIN 2.56% **FAT 95.16%** **CARBS 2.28%**

Properties

Glycemic Index:23.67, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:1.0230434757212%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 66.41kcal (3.32%), Fat: 6.99g (10.75%), Saturated Fat: 1.09g (6.83%), Carbohydrates: 0.38g (0.13%), Net Carbohydrates: 0.32g (0.12%), Sugar: 0.18g (0.2%), Cholesterol: 3.92mg (1.31%), Sodium: 227.03mg (9.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.85%), Vitamin K: 15.22µg (14.5%), Vitamin E: 0.31mg (2.04%)