

Really Onion Dip



Vegetarian



Gluten Free

READY IN



280 min.

SERVINGS



4

CALORIES



1099 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 2 teaspoons kosher salt
- ☐ 2 cups mayonnaise
- ☐ 1 cup olive oil extra-virgin
- ☐ 3 medium onions unpeeled peeled
- ☐ 4 servings pepper sauce hot
- ☐ 4 servings potato chips for serving
- ☐ 2 scallions white green minced and parts

- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 tablespoon citrus champagne vinegar

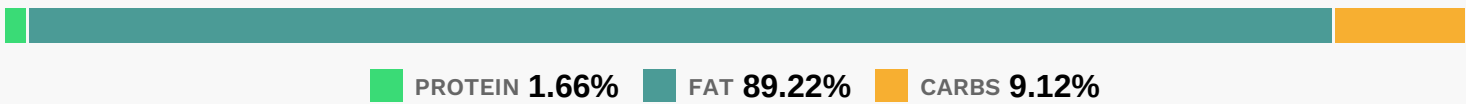
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ sieve

Directions

- ☐ Preheat oven to 425 degrees F.
- ☐ Rub unpeeled onions with a bit of the olive oil; roast until soft, about 45 minutes. Cool and peel.
- ☐ Finely dice the peeled raw onion.
- ☐ Heat a large skillet over medium-high heat; add remaining oil and heat until quite hot.
- ☐ Add diced onion and cook, stirring occasionally, until edges begin to brown, about 5 minutes. Turn to medium-low and cook until onion is golden brown, about 18 minutes. Scrape onion, oil, and juices into a sieve over a bowl.
- ☐ Drain onions and spread on a paper towel-lined plate. Cool the strained oil.
- ☐ Puree roasted onions in a food processor.
- ☐ Add mayonnaise, sour cream, vinegar, and salt; pulse until smooth. With the motor running, drizzle in 1/4 cup of the flavored reserved oil.
- ☐ Transfer to a serving bowl. Stir in scallions, pepper, and hot sauce to taste. Refrigerate at least 3 hours. Scatter the fried onions over the top just before serving with potato chips.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:2.12, Inflammation Score:-6, Nutrition Score:14.584782631501%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 17.39mg, Quercetin: 17.39mg, Quercetin: 17.39mg, Quercetin: 17.39mg

Nutrients (% of daily need)

Calories: 1098.85kcal (54.94%), Fat: 109.77g (168.88%), Saturated Fat: 18.49g (115.55%), Carbohydrates: 25.26g (8.42%), Net Carbohydrates: 22.8g (8.29%), Sugar: 5.35g (5.95%), Cholesterol: 64mg (21.33%), Sodium: 2037.85mg (88.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.19%), Vitamin K: 208.6µg (198.66%), Vitamin E: 8.3mg (55.34%), Vitamin C: 13.63mg (16.53%), Manganese: 0.33mg (16.52%), Vitamin B5: 1.61mg (16.14%), Potassium: 534.63mg (15.28%), Vitamin B6: 0.27mg (13.63%), Phosphorus: 114.82mg (11.48%), Fiber: 2.45g (9.81%), Folate: 34.98µg (8.75%), Vitamin B1: 0.12mg (7.87%), Magnesium: 31.44mg (7.86%), Vitamin B3: 1.49mg (7.44%), Vitamin B2: 0.12mg (7.15%), Calcium: 68.68mg (6.87%), Selenium: 4.8µg (6.85%), Copper: 0.13mg (6.59%), Vitamin A: 314.09IU (6.28%), Iron: 0.97mg (5.41%), Zinc: 0.74mg (4.91%), Vitamin B12: 0.19µg (3.25%), Vitamin D: 0.22µg (1.49%)