



Sour Cream and Onion Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon canola oil
- ☐ 2 tablespoons chives fresh divided minced
- ☐ 1 tablespoon garlic fresh minced
- ☐ 0.3 teaspoon pepper white
- ☐ 1 cup cream sour reduced-fat
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 teaspoon salt divided
- ☐ 2 cups onion sweet yellow finely chopped (1 onion)

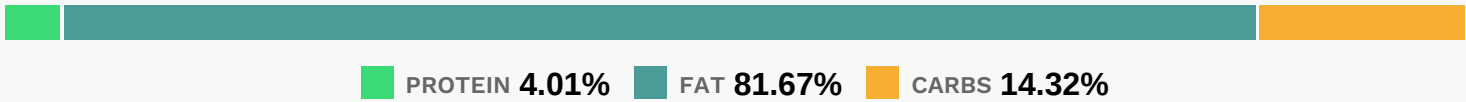
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a small skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion, garlic, and 1/8 teaspoon salt; cook 4 minutes, stirring frequently. Reduce heat to medium-low; cook 6 minutes, stirring frequently. Cool onion mixture slightly.
- ☐ Combine sour cream, mayonnaise, 1 1/2 tablespoons chives, pepper, and remaining 1/8 teaspoon salt in a large bowl.
- ☐ Add onion mixture; stir well. Top with remaining 1 1/2 teaspoons chives.

Nutrition Facts



Properties

Glycemic Index:10.42, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:2.1860869526863%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 102.28kcal (5.11%), Fat: 9.38g (14.42%), Saturated Fat: 2.38g (14.89%), Carbohydrates: 3.7g (1.23%), Net Carbohydrates: 3.42g (1.24%), Sugar: 1.45g (1.61%), Cholesterol: 10.63mg (3.54%), Sodium: 125.89mg (5.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.07%), Vitamin K: 16.7µg (15.91%), Calcium: 34.91mg (3.49%), Vitamin E: 0.43mg (2.86%), Phosphorus: 24.15mg (2.42%), Vitamin B6: 0.05mg (2.41%), Vitamin C: 1.96mg (2.38%), Folate: 9.26µg (2.31%), Potassium: 78.43mg (2.24%), Vitamin B2: 0.03mg (1.85%), Vitamin A: 91.03IU (1.82%), Manganese: 0.04mg (1.79%), Vitamin B12: 0.09µg (1.53%), Selenium: 1.04µg (1.49%), Vitamin B1: 0.02mg (1.42%), Magnesium: 4.83mg (1.21%), Copper: 0.02mg (1.15%), Fiber: 0.28g (1.11%), Zinc: 0.16mg (1.04%)