Sweet Onion and Thyme Dip

Vegetarian Gluten Free

READY IN	SERVINGS	CALORIES
60 min.	4	124 kcal

ANTIPASTI STARTER SNACK APPETIZER

Ingredients

- [ ] 2 teaspoons thyme leaves fresh chopped
- [ ] 0.8 teaspoon kosher salt
- [ ] 12 oz maui sweet finely chopped
- [ ] 1 tablespoon olive oil
- [ ] 0.3 teaspoon pepper
- [ ] 1.5 cups greek yogurt plain low-fat

Equipment

- [ ] bowl

- [ ] frying pan

Directions

- [ ] Cook onion in oil in a large frying pan over medium heat, stirring often, until golden, 12 to 15 minutes.
- [ ] Add chopped thyme, salt, and pepper and cook another minute.
- [ ] Let cool. Stir in yogurt and transfer to a bowl. Chill at least 30 minutes (it's even better the next day).
- [ ] Garnish with thyme sprigs and serve with chips.
- [ ] Make ahead: Up to 4 days, chilled.

Nutrition Facts

PROTEIN **29.52%** FAT **38.05%** CARBS **32.43%**

Properties

Glycemic Index:19.25, Glycemic Load:0.06, Inflammation Score:-8, Nutrition Score:2.8726086746091%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg Quercetin: 12.35mg, Quercetin: 12.35mg, Quercetin: 12.35mg, Quercetin: 12.35mg

Nutrients (% of daily need)

Calories: 123.89kcal (6.19%), Fat: 5.28g (8.13%), Saturated Fat: 1.51g (9.42%), Carbohydrates: 10.14g (3.38%), Net Carbohydrates: 9.2g (3.34%), Sugar: 7.66g (8.51%), Cholesterol: 4.92mg (1.64%), Sodium: 477.76mg (20.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.22g (18.45%), Calcium: 121.08mg (12.11%), Vitamin C: 5.68mg (6.89%), Vitamin B6: 0.11mg (5.72%), Folate: 20.03µg (5.01%), Manganese: 0.1mg (4.94%), Fiber: 0.94g (3.75%), Vitamin E: 0.52mg (3.48%), Potassium: 109.08mg (3.12%), Copper: 0.06mg (2.76%), Vitamin K: 2.57µg (2.44%), Phosphorus: 24.22mg (2.42%), Iron: 0.43mg (2.39%), Vitamin B1: 0.04mg (2.37%), Magnesium: 9.48mg (2.37%), Vitamin A: 98.2IU (1.96%), Vitamin B2: 0.02mg (1.29%)