



Sweet Onion Yogurt Dip

 Vegetarian  Gluten Free

READY IN



31 min.

SERVINGS



6

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon canola oil
- 0.3 cup feta cheese crumbled
- 1 tablespoon parsley fresh chopped
- 1 garlic clove pressed
- 1 cup yogurt plain low-fat
- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 0.5 cup cup heavy whipping cream light sour

- 0.5 teaspoon sugar
- 1 medium size onion sweet thinly sliced

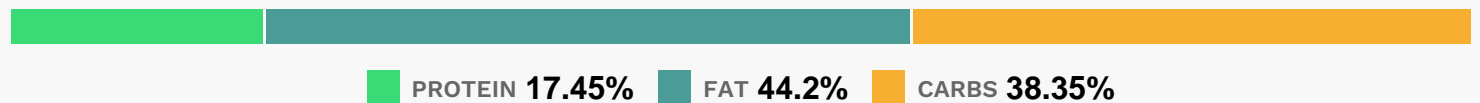
Equipment

- bowl
- frying pan

Directions

- Cook onion and sugar in hot oil in a large nonstick skillet over medium-low heat, stirring often, 15 to 20 minutes or until onions are caramel colored. Stir in garlic, and cook 1 more minute.
- Let cool 5 minutes; chop onions.
- Stir together caramelized onion mixture, yogurt, and remaining ingredients in a medium bowl. Cover and chill 30 minutes or until ready to serve.

Nutrition Facts



Properties

Glycemic Index:31.85, Glycemic Load:0.36, Inflammation Score:-4, Nutrition Score:4.9543478035409%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg

Nutrients (% of daily need)

Calories: 94.38kcal (4.72%), Fat: 4.73g (7.28%), Saturated Fat: 2.56g (15.98%), Carbohydrates: 9.24g (3.08%), Net Carbohydrates: 8.69g (3.16%), Sugar: 6.03g (6.7%), Cholesterol: 14.72mg (4.91%), Sodium: 217.53mg (9.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.41%), Calcium: 145.85mg (14.59%), Vitamin K: 12.01µg (11.44%), Phosphorus: 109.65mg (10.96%), Vitamin B2: 0.18mg (10.33%), Vitamin B12: 0.41µg (6.91%), Vitamin B6: 0.13mg (6.46%), Potassium: 212.54mg (6.07%), Folate: 22.33µg (5.58%), Vitamin C: 4.19mg (5.08%), Zinc: 0.73mg (4.83%), Selenium: 3.23µg (4.62%), Vitamin B1: 0.06mg (3.97%), Magnesium: 15.61mg (3.9%), Vitamin B5: 0.36mg (3.63%), Vitamin A: 167.28IU (3.35%), Manganese: 0.07mg (3.28%), Copper: 0.05mg (2.25%), Fiber: 0.55g (2.2%),

Iron: 0.29mg (1.61%), Vitamin E: 0.22mg (1.43%), Vitamin B3: 0.21mg (1.04%)