



## Three-Onion Spread

READY IN



15 min.

SERVINGS



12

CALORIES



150 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 8 oz approx cream cheese spread
- 12 servings round buttery crackers assorted
- 1 tablespoon parsley fresh chopped
- 1 cup onion sweet spanish chopped (such as Bermuda, Maui, or Walla Walla)
- 2 tablespoons vegetable oil

### Equipment

- frying pan

## Directions

- In 10-inch skillet, heat oil over medium heat. Cook sweet and red onions in oil about 5 minutes, stirring occasionally, until tender.
- Stir in parsley and cream cheese spread until smooth. Spoon into serving dish.
- Serve warm or cold with crackers.

## Nutrition Facts

**PROTEIN 6.52%** **FAT 60.52%** **CARBS 32.96%**

## Properties

Glycemic Index:2.67, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:3.1017391189285%

## Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

## Nutrients (% of daily need)

Calories: 150.02kcal (7.5%), Fat: 10.09g (15.52%), Saturated Fat: 3.85g (24.07%), Carbohydrates: 12.36g (4.12%), Net Carbohydrates: 11.86g (4.31%), Sugar: 2.56g (2.84%), Cholesterol: 11.72mg (3.91%), Sodium: 230.07mg (10%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.89%), Vitamin K: 17.68µg (16.83%), Vitamin B1: 0.08mg (5.1%), Calcium: 50.45mg (5.04%), Vitamin E: 0.75mg (4.99%), Manganese: 0.1mg (4.85%), Phosphorus: 47.47mg (4.75%), Iron: 0.77mg (4.28%), Vitamin A: 207.76IU (4.16%), Vitamin B3: 0.8mg (4.01%), Folate: 15.09µg (3.77%), Vitamin B2: 0.05mg (2.67%), Fiber: 0.5g (2%), Copper: 0.03mg (1.39%), Vitamin B6: 0.03mg (1.36%), Vitamin C: 1.08mg (1.31%), Selenium: 0.8µg (1.15%), Magnesium: 4.41mg (1.1%), Potassium: 36.75mg (1.05%)