



Vidalia Onion Dip

 **Gluten Free**  **Popular**

READY IN



55 min.

SERVINGS



24

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 7 oz milk italian* three cheese blend shredded 2% kraft
- 1 Tbsp parmesan cheese grated kraft
- 1 cup mayo reduced fat mayonnaise light kraft
- 1 large walla walla onion coarsely chopped

Equipment

- oven

Directions

- Heat oven to 325F.
- Mix first 3 ingredients.
- Spread onto bottom of 9-inch pie plate; sprinkle with Parmesan.
- Bake 45 min. or until golden brown.

Nutrition Facts

PROTEIN 16.29% **FAT 67.83%** **CARBS 15.88%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.70956522833718%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 54.05kcal (2.7%), Fat: 4.21g (6.47%), Saturated Fat: 0.69g (4.28%), Carbohydrates: 2.22g (0.74%), Net Carbohydrates: 2.09g (0.76%), Sugar: 1.02g (1.14%), Cholesterol: 3.33mg (1.11%), Sodium: 97.65mg (4.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.55%), Vitamin K: 5.06µg (4.82%), Calcium: 21.7mg (2.17%), Vitamin E: 0.21mg (1.39%)