



Vidalia® Onion Dip

 Vegetarian  Gluten Free

READY IN

ready

50 min.

SERVINGS

servings

4

CALORIES

calories

507 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon butter or as needed
- ☐ 0.7 cup mayonnaise
- ☐ 1.3 cups onion sweet chopped vidalia® such as
- ☐ 2 cups swiss cheese shredded

Equipment

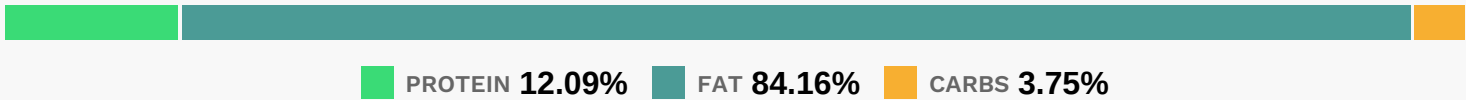
- ☐ bowl
- ☐ frying pan
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Melt butter in a skillet over medium heat. Cook and stir sweet onion in hot butter until browned, 5 to 7 minutes; transfer to a bowl.
- ☐ Add mayonnaise to the onion and stir; pour into a 9x13-inch baking dish.
- ☐ Sprinkle Swiss cheese over the mixture.
- ☐ Bake in preheated oven until the top is bubbling and lightly golden, about 35 minutes.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.32, Inflammation Score:-5, Nutrition Score:12.196956416835%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 7.26mg, Quercetin: 7.26mg, Quercetin: 7.26mg

Nutrients (% of daily need)

Calories: 507.18kcal (25.36%), Fat: 47.54g (73.14%), Saturated Fat: 15.99g (99.97%), Carbohydrates: 4.77g (1.59%), Net Carbohydrates: 4.32g (1.57%), Sugar: 2.72g (3.03%), Cholesterol: 73.43mg (24.48%), Sodium: 363.47mg (15.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.37g (30.74%), Vitamin K: 62µg (59.05%), Calcium: 494.43mg (49.44%), Phosphorus: 332.14mg (33.21%), Vitamin B12: 1.68µg (28.03%), Selenium: 17.4µg (24.85%), Zinc: 2.48mg (16.56%), Vitamin A: 560.43IU (11.21%), Vitamin E: 1.64mg (10.93%), Vitamin B2: 0.18mg (10.7%), Magnesium: 22.76mg (5.69%), Vitamin B6: 0.11mg (5.29%), Folate: 18.33µg (4.58%), Vitamin B5: 0.35mg (3.49%), Potassium: 106.15mg (3.03%), Copper: 0.06mg (3.02%), Vitamin C: 2.4mg (2.91%), Manganese: 0.04mg (2.17%), Vitamin B1: 0.03mg (2.02%), Fiber: 0.45g (1.8%), Iron: 0.28mg (1.55%)