



Warm Caramelized Onion Dip

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.8 teaspoon thyme leaves fresh chopped
- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 2 teaspoons olive oil
- ☐ 4 cups onion chopped (2 large onions)
- ☐ 1.5 ounces parmigiano-reggiano cheese grated
- ☐ 0.3 teaspoon pepper sauce hot (such as Tabasco)
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup cup heavy whipping cream light sour
- ☐ 0.3 teaspoon worcestershire sauce

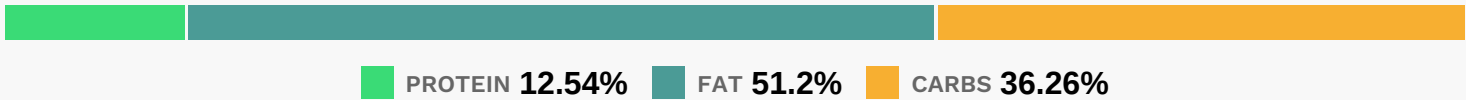
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat, swirling to coat pan.
- ☐ Add chopped onion and thyme to pan; saut 10 minutes or until golden brown. Reduce heat to low; cook 20 minutes or until onions are deep golden brown, stirring occasionally.
- ☐ Remove onion mixture from heat.
- ☐ Add sour cream and the remaining ingredients, stirring until blended and cheese melts.

Nutrition Facts



Properties

Glycemic Index:10.92, Glycemic Load:1.14, Inflammation Score:-4, Nutrition Score:2.4656521820504%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg

Nutrients (% of daily need)

Calories: 69.3kcal (3.46%), Fat: 4.04g (6.21%), Saturated Fat: 1.54g (9.65%), Carbohydrates: 6.43g (2.14%), Net Carbohydrates: 5.5g (2%), Sugar: 2.55g (2.83%), Cholesterol: 6.76mg (2.25%), Sodium: 170.62mg (7.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.45%), Calcium: 68.98mg (6.9%), Vitamin C: 4.31mg (5.23%), Phosphorus: 48.08mg (4.81%), Vitamin K: 4.14µg (3.94%), Manganese: 0.08mg (3.88%), Fiber: 0.94g (3.74%), Vitamin B6: 0.07mg (3.5%), Potassium: 105.82mg (3.02%), Folate: 11.76µg (2.94%), Vitamin B2: 0.04mg (2.27%), Selenium: 1.53µg (2.18%), Magnesium: 8.27mg (2.07%), Vitamin B1: 0.03mg (2.03%), Vitamin E: 0.28mg (1.87%), Zinc: 0.24mg (1.62%), Vitamin A: 70.93IU (1.42%), Vitamin B12: 0.08µg (1.38%), Copper: 0.03mg (1.31%), Iron: 0.19mg (1.08%)