

Baked Onion Dip

KraftRecipes.com

Yield: 1 cup of dip

1 tablespoon margarine
1 large sweet onion, finely chopped
1/3 cup reduced-fat mayonaise
1/2 cup 2% milk cheddar cheese, shredded
1/4 cup Parmesan cheese, grated
1 tablespoon fresh parsley, chopped
1/2 teaspoon hot pepper sauce
crackers

Preparation Time: 20 minutes

Preheat the oven to 350 degrees.

In a large skillet on medium heat, melt the margarine. Add the onions and cook 5 to 7 minutes or until golden brown, stirring occasionally. Cool slightly.

Mix in the mayonnaise, cheeses, parsley and pepper sauce. Stir in the onions. Spoon into a small baking dish.

Bake for 15 minutes or until heated through.

Serve with crackers.

Start to Finish Time: 45 minutes

To make ahead: Mix the ingredients as directed. Refrigerate for up to twenty-four hours. When ready to serve, bake as directed increasing the baking time as needed until the dip is heated through.

This dip is also delicious served chilled. Mix the ingredients as directed but do not bake. Refrigerate at least two hours before serving.

Per Serving (excluding unknown items): 236 Calories; 18g Fat (66.0% calories from fat); 10g Protein; 11g Carbohydrate; 2g Dietary Fiber; 16mg Cholesterol; 573mg Sodium. Exchanges: 1 Lean Meat; 1 1/2 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	236	Vitamin B6 (mg):	.1mg
% Calories from Fat:	66.0%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	17.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	16.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	18g	Folacin (mcg):	29mcg
Saturated Fat (g):	6g	Niacin (mg):	trace
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
Cholesterol (mg):	16mg	% Refuse:	0 0%

Carbohydrate (g):	11g
Dietary Fiber (g):	2g
Protein (g):	10g
Sodium (mg):	573mg
Potassium (mg):	224mg
Calcium (mg):	307mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	14mg
Vitamin A (i.u.):	847IU
Vitamin A (r.e.):	175 1/2RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	1
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	2 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 236 **Calories from Fat:** 156

% Daily Values*

Total Fat 18g	27%
Saturated Fat 6g	29%
Cholesterol 16mg	5%
Sodium 573mg	24%
Total Carbohydrates 11g	4%
Dietary Fiber 2g	9%
Protein 10g	
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Vitamin A	17%
Vitamin C	23%
Calcium	31%
Iron	4%

* Percent Daily Values are based on a 2000 calorie diet.