

Carmelized Onion Dip

Best Slow Cooker Recipes
Pillsbury Classic Cookbooks #370

Servings: 28

2 3/4 pounds (5-3/4 cups) sweet onions, chopped
1/2 cup balsamic vinegar
1/4 cup butter or margarine, cut into pieces
3 packages (8 ounce ea) cream cheese, softened
1 cup whipping cream
1 cup (4 ounce) crumbled blue cheese
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper
4 slices (1/2 cup) thick-sliced bacon, crisply cooked and crumbled
1/2 cup fresh parsley, chopped

Preparation Time: 20 minutes

Spray a four-quart slow cooker with cooking spray.

In the slow cooker, mix the onions, vinegar and butter.

Cover and cook on LOW heat setting for eight hours or until the onions are golden brown.

In a large bowl, beat the cream cheese with an electric mixer on medium speed until creamy. Add the whipping cream. Beat on low speed until smooth. Stir in the blue cheese, salt and pepper until well blended. Add the cream cheese mixture to the onion mixture in the slow cooker. Stir until blended.

Cover and cook for 20 minutes longer or until thoroughly heated.

Sprinkle with bacon and parsley.

Start to Finish Time: 8 hours 40 minutes

Per Serving (excluding unknown items): 163 Calories; 16g Fat (85.2% calories from fat); 4g Protein; 2g Carbohydrate; trace Dietary Fiber; 49mg Cholesterol; 229mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 3 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	163	Vitamin B6 (mg):	trace
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% Calories from Fat:	85.2%
% Calories from Carbohydrates:	5.6%
% Calories from Protein:	9.2%
Total Fat (g):	16g
Saturated Fat (g):	10g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	49mg
Carbohydrate (g):	2g
Dietary Fiber (g):	trace
Protein (g):	4g
Sodium (mg):	229mg
Potassium (mg):	86mg
Calcium (mg):	56mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	3mg
Vitamin A (i.u.):	632IU
Vitamin A (r.e.):	174RE

Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	9mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	3
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 28

Amount Per Serving

Calories 163 Calories from Fat: 139

% Daily Values*

Total Fat 16g	24%
Saturated Fat 10g	48%
Cholesterol 49mg	16%
Sodium 229mg	10%
Total Carbohydrates 2g	1%
Dietary Fiber trace	1%
Protein 4g	
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Vitamin A	13%
Vitamin C	5%
Calcium	6%
Iron	3%

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