

# Sour Cream and Onion Dip

*Cooking Light Magazine - August 2013*

1 teaspoon canola oil  
2 cups (about one onion) sweet yellow onion, finely chopped  
1 tablespoon fresh garlic, minced  
1/4 teaspoon salt, divided  
1 cup reduced-fat sour cream  
1/2 cup canola mayonnaise  
2 tablespoons fresh chives, minced and divided

Heat a small skillet over medium-high heat. Add oil to the pan, swirl to coat.

Add the onion, garlic and 1/8 teaspoon of salt. Cook for 4 minutes, stirring frequently.

Reduce the heat to medium-low. Cook for 6 minutes, stirring frequently.

Cool the onion mixture slightly.

In a large bowl, combine the sour cream, mayonnaise, 1-1/2 tablespoons of chives, the pepper and remaining 1/8 teaspoon of salt. Add the onion mixture and stir well.

Top with the remaining 1-1/2 teaspoons of chives.

*Serve this creamy dip with carrot and celery batons, sliced bell pepper or pita chips.*

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Per Serving (excluding unknown items): 54 Calories; 5g Fat (74.8% calories from fat); 1g Protein; 3g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 534mg Sodium. Exchanges: 1/2 Vegetable; 1 Fat.

Appetizers

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	54	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	74.8%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	20.5%	<b>Thiamin B1 (mg):</b>	0mg
<b>% Calories from Protein:</b>	4.7%	<b>Riboflavin B2 (mg):</b>	0mg
<b>Total Fat (g):</b>	5g	<b>Folacin (mcg):</b>	7mcg
<b>Saturated Fat (g):</b>	trace	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	3g	<b>Caffeine (mg):</b>	0mg

**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 3g  
**Dietary Fiber (g):** trace  
**Protein (g):** 1g  
**Sodium (mg):** 534mg  
**Potassium (mg):** 49mg  
**Calcium (mg):** 23mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 6mg  
**Vitamin A (i.u.):** 261IU  
**Vitamin A (r.e.):** 26RE

**Alcohol (kcal):** 0  
**% Refuse:** 00%

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### Food Exchanges

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

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## Nutrition Facts

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### Amount Per Serving

**Calories** 54 Calories from Fat: 40

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### % Daily Values\*

<b>Total Fat</b>	5g	7%
Saturated Fat	trace	2%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	534mg	22%
<b>Total Carbohydrates</b>	3g	1%
Dietary Fiber	trace	1%
<b>Protein</b>	1g	
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<b>Vitamin A</b>		5%
<b>Vitamin C</b>		10%
<b>Calcium</b>		2%
<b>Iron</b>		1%

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