

Caramelized Onion and Guinness Dip

Alison Ladman - The Associated Press
Palm Beach Post

Servings: 16

1 tablespoon olive oil
2 large sweet onions, diced
1 cup cold Guinness
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/4 teaspoon cayenne
1 pound extra-sharp cheddar cheese
(preferably Irish), cubed
crackers, chips or bread (to serve)

In a large skillet over medium, heat the olive oil. Add the onions and cook, stirring occasionally, until browned and caramelized, about 20 minutes. If the onions begin to char before they caramelize, add a tablespoon or two of water. Set the onions aside and allow to cool.

Once the onions have cooled, in a food processor combine the onions, the Guinness, salt, pepper, cayenne and cheddar. Pulse until combined and smooth.

Serve with crackers, chips or bread. Also makes a great spread for a roast beef sandwich.

Per Serving (excluding unknown items): 13 Calories; 1g Fat (58.1% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 67mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	13	Vitamin B6 (mg):	trace
% Calories from Fat:	58.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	36.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	5.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	1g	Folacin (mcg):	3mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0 0%
Carbohydrate (g):	1g		

Food Exchanges

Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	67mg	Vegetable:	0
Potassium (mg):	23mg	Fruit:	0
Calcium (mg):	4mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	1mg		
Vitamin A (i.u.):	12IU		
Vitamin A (r.e.):	1RE		

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories 13 Calories from Fat: 8

% Daily Values*

Total Fat 1g	1%
Saturated Fat trace	1%
Cholesterol 0mg	0%
Sodium 67mg	3%
Total Carbohydrates 1g	0%
Dietary Fiber trace	1%
Protein trace	

Vitamin A	0%
Vitamin C	2%
Calcium	0%
Iron	0%

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