

Onion-Mustard Dip

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Yield: 1 1/4 cups

1 tablespoon unsalted butter
1 cup onion, chopped
1/2 teaspoon sugar
2 tablespoons Dijon mustard
pinch nutmeg
1 cup Sour Cream Dip Base (see recipe under Appetizers/Dips)

In a ten-inch skillet over medium heat, melt the unsalted butter.

Add the onion and sugar. Cook for 15 minutes until very soft (You may need to lower the heat to medium-low). Remove from the heat.

Add the Dijon mustard and nutmeg.

Stir in the Sour Cream Dip Base.

Refrigerate until serving.

Start to Finish Time: 5 minutes

Per Serving (excluding unknown items): 193 Calories; 13g Fat (58.2% calories from fat); 3g Protein; 18g Carbohydrate; 4g Dietary Fiber; 31mg Cholesterol; 382mg Sodium. Exchanges: 0 Lean Meat; 2 1/2 Vegetable; 2 1/2 Fat; 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	193	Vitamin B6 (mg):	.2mg
% Calories from Fat:	58.2%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	35.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	6.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	13g	Folacin (mcg):	33mcg
Saturated Fat (g):	7g	Niacin (mg):	trace
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	31mg	% Daily Value*	n n%
Carbohydrate (g):	18g		

Food Exchanges

Dietary Fiber (g): 4g
Protein (g): 3g
Sodium (mg): 382mg
Potassium (mg): 293mg
Calcium (mg): 60mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 10mg
Vitamin A (i.u.): 433IU
Vitamin A (r.e.): 107RE

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

Nutrition Facts

Amount Per Serving

Calories 193 **Calories from Fat:** 112

% Daily Values*

Total Fat 13g	20%
Saturated Fat 7g	36%
Cholesterol 31mg	10%
Sodium 382mg	16%
Total Carbohydrates 18g	6%
Dietary Fiber 4g	15%
Protein 3g	
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Vitamin A	9%
Vitamin C	17%
Calcium	6%
Iron	5%

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