

Homemade French Onion Dip

Yield: 8 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/french-onion-dip-greek-yogurt-recipe>

Ingredients:

- 2 tablespoons olive oil
- 1 1/2 cups red onion finely diced
- 1 1/2 cups diced yellow onion finely
- 1 1/2 cups sweet onion finely diced, Walla Walla or Vidalia
- 1 clove garlic minced
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 1/2 cups non fat greek yogurt plain
- 1/4 cup mayonnaise
- 1 teaspoon lemon juice
- 1 dash worcestershire sauce

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 5 milligrams
4. Fat: 6 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 1 grams
8. Sodium: 240 milligrams
9. Sugar: 7 grams

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