

Caramelized Onion Greek Yogurt Dip

Yield: 2 min
Total Time: 105 min

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

Ingredients:

- 1 red onion medium, chopped
- 1 sweet onion medium, chopped
- 1 tablespoon olive oil
- 1/2 tablespoon salted butter
- 16 ounces greek yogurt plain 2%
- 1 teaspoon salt
- 2 teaspoons brown sugar
- 1 teaspoon black pepper
- 1/4 teaspoon garlic powder

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 35 milligrams
4. Fat: 16 grams
5. Fiber: 3 grams
6. Protein: 9 grams
7. SaturatedFat: 7 grams
8. Sodium: 1320 milligrams
9. Sugar: 25 grams

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