

Spinach and Vidalia Onion Dip

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-spinach-and-vidallia-dip-recipe>

Ingredients:

- 3 tablespoons salted butter
- 4 cups Vidalia onions chopped, about 2 large
- 5 ounces baby spinach fresh, coarsely chopped
- 2 teaspoons kosher salt divided
- 1 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 16 ounces sour cream
- 2 tablespoons chopped fresh chives
- potato chips
- cucumbers
- radishes
- bell peppers

Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 80 milligrams
4. Fat: 52 grams
5. Fiber: 7 grams
6. Protein: 10 grams
7. SaturatedFat: 21 grams
8. Sodium: 1680 milligrams
9. Sugar: 12 grams

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