



Sweet Caramelized Onion Dip



1/6th of recipe (about 1/3 cup): 74 calories, 1.75g total fat (<0.5g sat. fat), 512mg sodium, 11g carbs, 0.5g fiber, 4.5g sugars, 3.5g protein

Prep: 15 minutes **Cook:** 45 minutes

Chill: Overnight



More: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Four or More Servings](#)

Ingredients

1 tbsp. light whipped butter or light buttery spread
2 large sweet onions, chopped
1/2 tsp. salt
1/4 tsp. cayenne pepper
1 tsp. Dijon mustard
1 tsp. balsamic vinegar
1/2 cup fat-free sour cream
1/2 cup fat-free mayonnaise
1/4 cup plus 2 tbsp. fat-free cream cheese, room temperature

Directions

Melt butter in a large skillet over medium-high heat. Add onions, salt, and cayenne pepper. Stirring frequently, cook for 10 minutes.

Reduce heat to medium low. Stirring frequently, cook until caramelized, 25 to 30 minutes.

Stir mustard and vinegar into the onions in the skillet. Cook and stir for 5 minutes. Remove from heat.

In a large bowl, whisk sour cream, mayo, and cream cheese until smooth. Thoroughly stir in onion mixture.

Cover and refrigerate overnight to allow flavors to combine. Serve and enjoy!

MAKES 6 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies. *The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.