



Caramelized Onion-Cranberry Compote



Vegetarian



Gluten Free

READY IN



32 min.

SERVINGS



10

CALORIES



33 kcal

SAUCE

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1 tablespoon butter
- ☐ 0.5 cup cranberries fresh thawed coarsely chopped ()
- ☐ 0.5 teaspoon orange rind grated
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 2 cups onions sweet thinly sliced

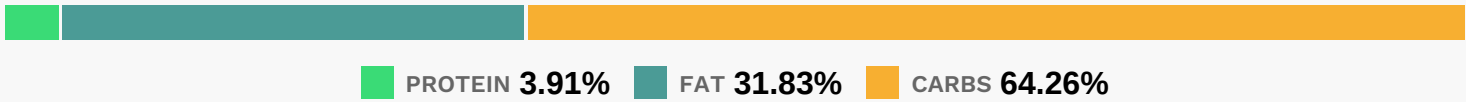
Equipment

☐ frying pan

Directions

- ☐ Melt butter in a large skillet over medium heat; add onions, and saut 15 to 18 minutes or until golden and tender. Stir in vinegar and remaining ingredients; cook, stirring occasionally, 2 to 4 minutes or until liquid is reduced to about 2 Tbsp.
- ☐ Spread 16 whole grain crackers each with 1 1/2 tsp. 1/3-less-fat cream cheese; top each with 1 Tbsp. Caramelized Onion-Cranberry Compote.
- ☐ Garnish with fresh cilantro or parsley leaves.
- ☐ Calories 56; Fat 9g (sat 6g, mono 6g, poly 1g); Protein 3g; Carb 2g; Fiber 8g; Chol 7mg; Iron 2mg; Sodium 137mg; Calc 12mg

Nutrition Facts



Properties

Glycemic Index:21.51, Glycemic Load:1.57, Inflammation Score:-2, Nutrition Score:0.97695652330699%

Flavonoids

Cyanidin: 2.32mg, Cyanidin: 2.32mg, Cyanidin: 2.32mg, Cyanidin: 2.32mg Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 2.46mg, Peonidin: 2.46mg, Peonidin: 2.46mg, Peonidin: 2.46mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg

Nutrients (% of daily need)

Calories: 32.9kcal (1.65%), Fat: 1.17g (1.8%), Saturated Fat: 0.72g (4.5%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 4.84g (1.76%), Sugar: 3.97g (4.41%), Cholesterol: 3.01mg (1%), Sodium: 129.42mg (5.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.65%), Vitamin C: 2.37mg (2.88%), Manganese: 0.05mg (2.55%), Vitamin B6: 0.04mg (2.23%), Fiber: 0.48g (1.91%), Folate: 7.48µg (1.87%), Potassium: 49.82mg (1.42%), Copper: 0.02mg (1.13%), Phosphorus: 10.76mg (1.08%)