



## Caramelized Onion Marmalade

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



76 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 0.1 teaspoon pepper black freshly ground
- 3 tablespoons brown sugar
- 3 tablespoons brown sugar
- 1 tablespoon butter
- 4 garlic clove minced
- 2 tablespoons red wine vinegar
- 0.8 teaspoon salt
- 10 cup onion sweet thinly sliced ( 4 large)

# Equipment

frying pan

# Directions

- Melt butter in a large nonstick skillet over medium heat.
- Add sugar to pan; cook 1 minute or until sugar dissolves.
- Add onion and garlic to pan. Cover and cook 30 minutes or until onions are very tender, stirring occasionally. Uncover and add vinegar to onion mixture. Cook, uncovered, 10 minutes or until golden brown, stirring frequently. Stir in salt and pepper.

# Nutrition Facts



# Properties

Glycemic Index:9.33, Glycemic Load:0.1, Inflammation Score:-5, Nutrition Score:3.0517390952648%

# Flavonoids

Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg Quercetin: 19.38mg, Quercetin: 19.38mg, Quercetin: 19.38mg, Quercetin: 19.38mg

# Nutrients (% of daily need)

Calories: 75.85kcal (3.79%), Fat: 1.06g (1.63%), Saturated Fat: 0.6g (3.76%), Carbohydrates: 16.3g (5.43%), Net Carbohydrates: 15.08g (5.48%), Sugar: 12.52g (13.92%), Cholesterol: 2.51mg (0.84%), Sodium: 165.57mg (7.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.3%), Vitamin B6: 0.19mg (9.41%), Vitamin C: 6.72mg (8.15%), Folate: 30.8µg (7.7%), Manganese: 0.13mg (6.3%), Potassium: 172.22mg (4.92%), Fiber: 1.23g (4.91%), Copper: 0.08mg (4.06%), Phosphorus: 38.28mg (3.83%), Vitamin B1: 0.06mg (3.78%), Calcium: 34.07mg (3.41%), Magnesium: 12.95mg (3.24%), Iron: 0.42mg (2.34%), Vitamin B2: 0.03mg (1.66%), Vitamin B5: 0.15mg (1.46%), Selenium: 0.89µg (1.28%), Zinc: 0.19mg (1.26%)