



Caramelized Onion Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



118 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon rosemary fresh
- ☐ 2 tablespoons olive oil
- ☐ 3 tablespoons orange juice fresh
- ☐ 1 tablespoon orange zest
- ☐ 1.5 cups onion red thinly sliced
- ☐ 2 tablespoons red wine vinegar
- ☐ 2 tablespoons sugar

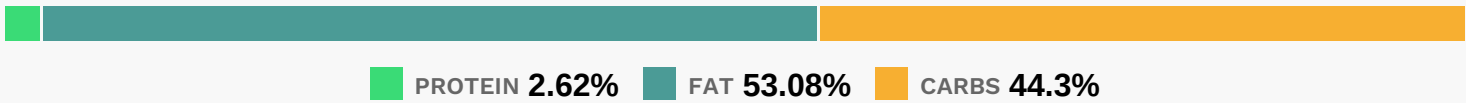
Equipment

☐ frying pan

Directions

- ☐ Heat olive oil in a large skillet over medium heat.
- ☐ Add onion, and cook, stirring occasionally, for 10 minutes or until onion is soft and translucent.
- ☐ Add remaining ingredients, and cook, stirring occasionally, for 20 to 25 minutes more. (Onion will turn a red, translucent, almost candied color, and most of the liquid will evaporate.)
- ☐ Serve warm, or store in an airtight container in the refrigerator up to a week.

Nutrition Facts



Properties

Glycemic Index:37.27, Glycemic Load:6.1, Inflammation Score:-4, Nutrition Score:2.846956545892%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.21mg, Quercetin: 12.21mg, Quercetin: 12.21mg, Quercetin: 12.21mg

Nutrients (% of daily need)

Calories: 118.25kcal (5.91%), Fat: 7.14g (10.98%), Saturated Fat: 1.01g (6.31%), Carbohydrates: 13.4g (4.47%), Net Carbohydrates: 12.13g (4.41%), Sugar: 9.6g (10.67%), Cholesterol: 0mg (0%), Sodium: 3.5mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Vitamin C: 13mg (15.76%), Vitamin E: 1.03mg (6.86%), Fiber: 1.27g (5.1%), Manganese: 0.09mg (4.38%), Vitamin K: 4.47µg (4.25%), Vitamin B6: 0.08mg (4.07%), Folate: 16.22µg (4.05%), Potassium: 122.74mg (3.51%), Vitamin B1: 0.04mg (2.74%), Magnesium: 8.49mg (2.12%), Phosphorus: 20.81mg (2.08%), Calcium: 19.78mg (1.98%), Copper: 0.03mg (1.65%), Iron: 0.27mg (1.51%), Vitamin B2: 0.02mg (1.37%), Vitamin B5: 0.11mg (1.09%)