



## Caramelized-Onion Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



66 kcal

SAUCE

### Ingredients

- 0.1 teaspoon pepper black
- 1 cup cooking wine dry red
- 3 cups less-sodium chicken broth fat-free
- 3 cups onion thinly sliced
- 0.1 teaspoon salt
- 1 tablespoon stick margarine

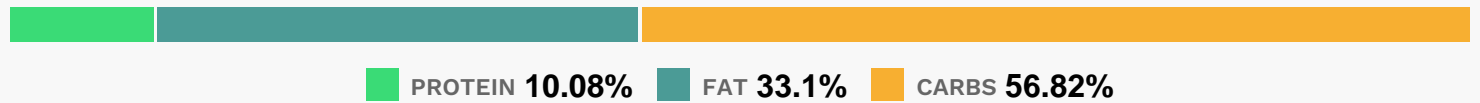
### Equipment

- frying pan

# Directions

- Melt butter in a large skillet over medium-high heat.
- Add onion; cook 5 minutes, stirring frequently. Continue cooking 15 minutes or until deep golden brown, stirring constantly.
- Add wine; cook 5 minutes or until liquid almost evaporates.
- Remove onion from pan; finely chop onion. Return onion to pan; stir in broth, salt, and pepper. Bring to a boil; cook until reduced to 2 cups (about 10 minutes).

# Nutrition Facts



# Properties

Glycemic Index:7.38, Glycemic Load:1.24, Inflammation Score:-4, Nutrition Score:2.2565217251363%

# Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 12.35mg, Quercetin: 12.35mg, Quercetin: 12.35mg, Quercetin: 12.35mg

# Nutrients (% of daily need)

Calories: 65.67kcal (3.28%), Fat: 1.69g (2.61%), Saturated Fat: 0.33g (2.09%), Carbohydrates: 6.54g (2.18%), Net Carbohydrates: 5.51g (2%), Sugar: 2.67g (2.97%), Cholesterol: 0mg (0%), Sodium: 404.33mg (17.58%), Alcohol: 3.15g (100%), Alcohol %: 2.25% (100%), Protein: 1.16g (2.32%), Vitamin C: 4.44mg (5.39%), Manganese: 0.09mg (4.54%), Vitamin B6: 0.08mg (4.21%), Fiber: 1.03g (4.11%), Potassium: 114.34mg (3.27%), Selenium: 2.17µg (3.11%), Folate: 12.27µg (3.07%), Vitamin B12: 0.17µg (2.87%), Vitamin B3: 0.55mg (2.73%), Phosphorus: 27.24mg (2.72%), Vitamin B1: 0.03mg (2.25%), Vitamin B2: 0.03mg (2.05%), Copper: 0.04mg (2%), Calcium: 17.92mg (1.79%), Vitamin B5: 0.18mg (1.78%), Magnesium: 6.96mg (1.74%), Iron: 0.25mg (1.38%), Vitamin A: 67.49IU (1.35%)