



Clove and Red Onion Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon maple syrup pure
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 cup ruby port
- ☐ 1 large onion red cut into 1/2-inch dice
- ☐ 4 servings salt and pepper freshly ground

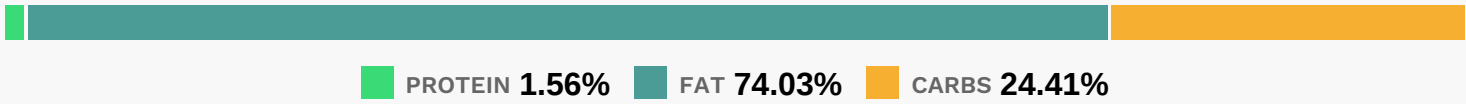
Equipment

- ☐ sauce pan

Directions

- ☐ In a medium saucepan, cook the onion in the olive oil over moderate heat, stirring, until softened, about 4 minutes.
- ☐ Add the cloves, cover and cook over low heat until the onion is deeply caramelized on the bottom, about 12 minutes.
- ☐ Add the port and cook, stirring, for 1 minute.
- ☐ Add the maple syrup and remove from the heat.
- ☐ Remove and discard the cloves. Season the relish with salt and pepper and let cool.
- ☐ Make Ahead: The relish can be refrigerated for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:15.88, Glycemic Load:0.78, Inflammation Score:-2, Nutrition Score:1.3800000060026%

Flavonoids

Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg

Nutrients (% of daily need)

Calories: 99.24kcal (4.96%), Fat: 7.03g (10.81%), Saturated Fat: 0.98g (6.11%), Carbohydrates: 5.21g (1.74%), Net Carbohydrates: 4.75g (1.73%), Sugar: 2.86g (3.17%), Cholesterol: 0mg (0%), Sodium: 196.46mg (8.54%), Alcohol: 2.3g (100%), Alcohol %: 5.72% (100%), Protein: 0.33g (0.67%), Vitamin E: 1.01mg (6.76%), Vitamin K: 4.32µg (4.12%), Manganese: 0.07mg (3.7%), Vitamin C: 2.04mg (2.47%), Fiber: 0.47g (1.87%), Vitamin B6: 0.03mg (1.65%), Potassium: 56.03mg (1.6%), Folate: 5.22µg (1.31%), Vitamin B2: 0.02mg (1.25%), Magnesium: 4.29mg (1.07%), Vitamin B1: 0.02mg (1.06%)