



Coffee-Onion Jam



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



10

CALORIES



112 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 6 tablespoons cooking oil
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup strong coffee decoction hot brewed
- ☐ 0.3 cup sugar
- ☐ 3 large onion yellow thinly sliced

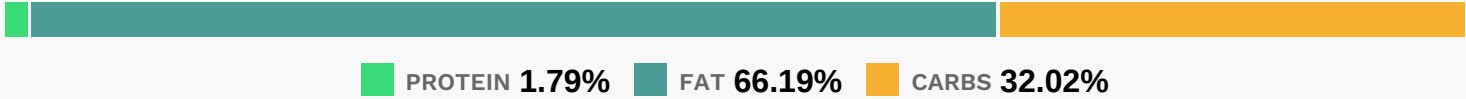
Equipment

- ☐ frying pan

Directions

☐ Cook onions in hot oil in a large skillet over medium-high heat, stirring often, 15 to 20 minutes or until onions are caramel colored. Stir in coffee and remaining ingredients, and cook, stirring occasionally, 5 to 10 more minutes or until liquid has evaporated.

Nutrition Facts



Properties

Glycemic Index:12.91, Glycemic Load:4.43, Inflammation Score:-2, Nutrition Score:1.8917391282385%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.14mg, Quercetin: 9.14mg, Quercetin: 9.14mg, Quercetin: 9.14mg

Nutrients (% of daily need)

Calories: 111.75kcal (5.59%), Fat: 8.47g (13.02%), Saturated Fat: 0.64g (3.99%), Carbohydrates: 9.22g (3.07%), Net Carbohydrates: 8.44g (3.07%), Sugar: 6.9g (7.66%), Cholesterol: 0mg (0%), Sodium: 118.37mg (5.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.74mg (1.58%), Protein: 0.51g (1.03%), Vitamin E: 1.48mg (9.87%), Vitamin K: 6.26µg (5.96%), Vitamin C: 3.33mg (4.04%), Manganese: 0.07mg (3.38%), Fiber: 0.78g (3.11%), Vitamin B6: 0.05mg (2.71%), Folate: 8.8µg (2.2%), Potassium: 72.29mg (2.07%), Vitamin B1: 0.02mg (1.49%), Phosphorus: 13.48mg (1.35%), Vitamin B2: 0.02mg (1.31%), Magnesium: 4.94mg (1.24%), Calcium: 10.93mg (1.09%)