



Dilled Onion Compote



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



56 kcal

SAUCE

Ingredients

- ☐ 3 tablespoons optional: dill fresh minced
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup cup heavy whipping cream sour low-fat
- ☐ 2 cups onion red chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup water

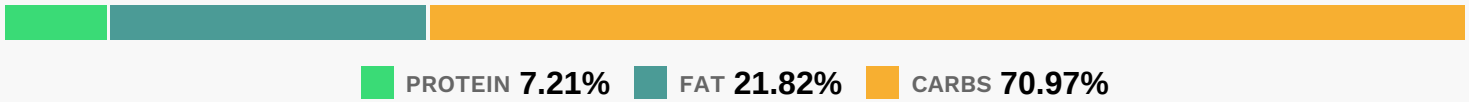
Equipment

- ☐ bowl
- ☐ ziploc bags

Directions

- ☐ Combine first 5 ingredients in a zip-top heavy-duty plastic bag, and seal; shake to coat. Marinate in refrigerator 8 hours, turning bag occasionally.
- ☐ Drain onion, and rinse under cold water; drain well.
- ☐ Combine onion, sour cream, and dill in a bowl, and stir well. Store in an airtight container in refrigerator up to 3 days.

Nutrition Facts



Properties

Glycemic Index:18.68, Glycemic Load:3.89, Inflammation Score:-3, Nutrition Score:2.0769565060087%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg 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: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.97mg, Quercetin: 10.97mg, Quercetin: 10.97mg, Quercetin: 10.97mg

Nutrients (% of daily need)

Calories: 56.43kcal (2.82%), Fat: 1.45g (2.23%), Saturated Fat: 0.87g (5.44%), Carbohydrates: 10.59g (3.53%), Net Carbohydrates: 9.65g (3.51%), Sugar: 6.54g (7.26%), Cholesterol: 4.47mg (1.49%), Sodium: 207.29mg (9.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.15%), Vitamin C: 8.17mg (9.9%), Fiber: 0.94g (3.77%), Manganese: 0.07mg (3.66%), Vitamin B6: 0.07mg (3.58%), Folate: 13.87µg (3.47%), Potassium: 117.02mg (3.34%), Calcium: 31.77mg (3.18%), Phosphorus: 25.48mg (2.55%), Vitamin B1: 0.03mg (2.15%), Vitamin B2: 0.03mg (1.92%), Magnesium: 7.43mg (1.86%), Copper: 0.03mg (1.34%), Vitamin A: 59.02IU (1.18%), Zinc: 0.16mg (1.09%)