



Fig and Onion Spread

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup aged balsamic vinegar
- 2 cups mission figs fresh black chopped
- 0.3 cup olive oil
- 1 large onion red chopped

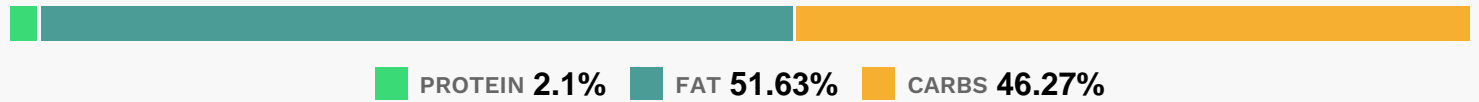
Equipment

- sauce pan

Directions

- Heat olive oil in a saucepan over medium heat; stir onion in the hot oil. Reduce heat to medium-low, cover saucepan, and cook, stirring occasionally, until onion is softened and caramel-colored, 20 to 25 minutes.
- Stir figs into onion; cook and stir until figs begin to lose their shape and have softened into onion, 10 to 15 minutes.
- Pour balsamic vinegar into fig-onion mixture; cook until all the liquid has evaporated, 5 to 10 minutes. Stir sugar, 1 tablespoon at a time, into fig-onion mixture until desired sweetness is reached.
- Serve warm or chilled.

Nutrition Facts



Properties

Glycemic Index:5.75, Glycemic Load:2.28, Inflammation Score:-1, Nutrition Score:0.89391303710316%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 38.65kcal (1.93%), Fat: 2.31g (3.56%), Saturated Fat: 0.32g (2.03%), Carbohydrates: 4.67g (1.56%), Net Carbohydrates: 4.02g (1.46%), Sugar: 3.81g (4.23%), Cholesterol: 0mg (0%), Sodium: 1.04mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.42%), Fiber: 0.65g (2.6%), Vitamin E: 0.35mg (2.31%), Vitamin K: 2.3µg (2.19%), Manganese: 0.03mg (1.73%), Potassium: 55.43mg (1.58%), Vitamin B6: 0.03mg (1.39%), Magnesium: 4.13mg (1.03%)