



Fig-Onion Jam



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



240 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 11.5 oz let set min. spread
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 teaspoon olive oil
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 0.3 cup onion sweet chopped

Equipment

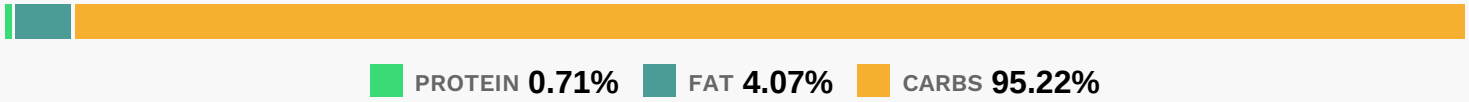
☐

sauce pan

Directions

- ☐ Saut onion in hot olive oil in a medium saucepan over medium heat 4 minutes.
- ☐ Add rosemary and dried crushed red pepper, and saut 1 minute. Stir in fig preserves, lemon juice, and kosher salt. Cook, stirring often, 1 minute or until hot.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:30.39, Inflammation Score:-1, Nutrition Score:2.101304375607%

Flavonoids

Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 240.35kcal (12.02%), Fat: 1.09g (1.68%), Saturated Fat: 0.15g (0.94%), Carbohydrates: 57.32g (19.11%), Net Carbohydrates: 56.25g (20.45%), Sugar: 40.24g (44.71%), Cholesterol: 0mg (0%), Sodium: 174.58mg (7.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.86%), Vitamin C: 8.3mg (10.06%), Copper: 0.09mg (4.53%), Fiber: 1.07g (4.27%), Vitamin B2: 0.07mg (3.88%), Folate: 12.34µg (3.09%), Iron: 0.47mg (2.58%), Selenium: 1.72µg (2.46%), Potassium: 82.56mg (2.36%), Manganese: 0.05mg (2.28%), Vitamin E: 0.29mg (1.96%), Phosphorus: 19.58mg (1.96%), Calcium: 19.63mg (1.96%), Vitamin B6: 0.04mg (1.85%), Vitamin B1: 0.02mg (1.28%), Magnesium: 4.75mg (1.19%)