



Garlic-and-Merlot Jam



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



92 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1.5 teaspoons balsamic vinegar
- ☐ 1 pinch pepper black freshly ground
- ☐ 2 teaspoons rosemary fresh minced
- ☐ 4 garlic bulbs whole separated peeled chopped
- ☐ 0.8 teaspoon kosher salt
- ☐ 2 tablespoons brown sugar light
- ☐ 0.5 cup merlot dry red
- ☐ 1 tablespoon olive oil

☐ 2 onions sweet thinly sliced

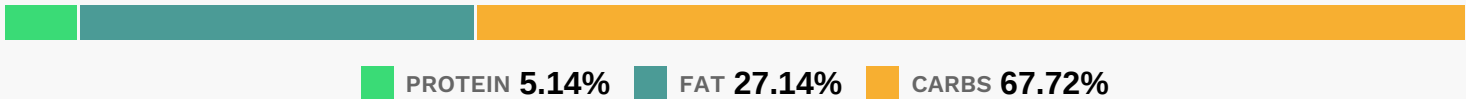
Equipment

☐ sauce pan

Directions

- ☐ Heat oil in a large saucepan over medium heat; add onions and next 3 ingredients. Cook, stirring occasionally, about 20 minutes or until onions are golden and very tender.
- ☐ Add Merlot and cook, stirring occasionally, 15 minutes or until almost all liquid evaporates.
- ☐ Remove from heat, and stir in vinegar, rosemary, and pepper. Cool to room temperature.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:0.29, Inflammation Score:-5, Nutrition Score:2.8126086821051%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 1.35mg, Myricetin: 1.35mg, Myricetin: 1.35mg, Myricetin: 1.35mg Quercetin: 16.17mg, Quercetin: 16.17mg, Quercetin: 16.17mg, Quercetin: 16.17mg

Nutrients (% of daily need)

Calories: 91.9kcal (4.59%), Fat: 2.43g (3.74%), Saturated Fat: 0.32g (2.03%), Carbohydrates: 13.67g (4.56%), Net Carbohydrates: 12.62g (4.59%), Sugar: 9.63g (10.7%), Cholesterol: 0mg (0%), Sodium: 301.32mg (13.1%), Alcohol: 2.1g (100%), Alcohol %: 1.89% (100%), Protein: 1.04g (2.08%), Vitamin B6: 0.17mg (8.5%), Vitamin C: 5.93mg (7.18%), Folate: 25.52µg (6.38%), Manganese: 0.12mg (6.23%), Potassium: 146.56mg (4.19%), Fiber: 1.04g (4.18%), Copper: 0.07mg (3.53%), Phosphorus: 33.3mg (3.33%), Vitamin B1: 0.05mg (3.28%), Calcium: 29.73mg (2.97%), Magnesium: 11.01mg (2.75%), Vitamin E: 0.36mg (2.4%), Iron: 0.38mg (2.1%), Vitamin K: 1.8µg (1.71%), Vitamin B2: 0.02mg (1.43%), Vitamin B5: 0.13mg (1.26%), Selenium: 0.89µg (1.26%), Zinc: 0.17mg (1.13%)