



Onion Jam

 Vegetarian  Gluten Free

READY IN



85 min.

SERVINGS



6

CALORIES



115 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 0.5 cup firmly-packed brown sugar
- ☐ 0.3 teaspoon ginger fresh minced
- ☐ 0.3 teaspoon ground coriander
- ☐ 6 servings kosher salt
- ☐ 2 lemon zest juiced
- ☐ 1.5 teaspoons butter unsalted
- ☐ 2 vidalia onions sweet julienned (if not in season, any onion will do)

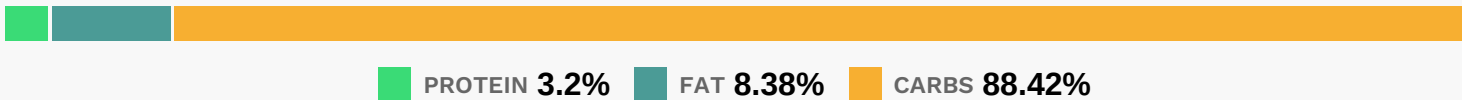
Equipment

☐ frying pan

Directions

- ☐ Melt the butter in a large saute pan over medium-high heat.
- ☐ Add the onions, lemon zest, ginger, and 1/2 teaspoon salt and cook until the onions start to turn translucent, about 5 minutes
- ☐ Add the coriander, 1/4 cup of the brown sugar and half the lemon juice and turn the heat to low. Cook, stirring frequently, until the onions start to cook down and the liquid is evaporated, about 15 minutes.
- ☐ Add 1/3 cup water every 10 minutes and continue to cook until the onions are thick and golden brown, about 55 minutes. Stir in the remaining 1/4 cup brown sugar and the lemon juice and cook until the brown sugar melts, 3 to 5 minutes more. Season to taste.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:2.8956521503303%

Flavonoids

Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg Quercetin: 16.02mg, Quercetin: 16.02mg, Quercetin: 16.02mg, Quercetin: 16.02mg

Nutrients (% of daily need)

Calories: 115.44kcal (5.77%), Fat: 1.13g (1.73%), Saturated Fat: 0.65g (4.03%), Carbohydrates: 26.76g (8.92%), Net Carbohydrates: 25.49g (9.27%), Sugar: 23.41g (26.01%), Cholesterol: 2.69mg (0.9%), Sodium: 208.07mg (9.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.94%), Vitamin C: 7.9mg (9.57%), Vitamin B6: 0.15mg (7.74%), Folate: 25.88µg (6.47%), Manganese: 0.11mg (5.53%), Fiber: 1.27g (5.07%), Potassium: 161.95mg (4.63%), Calcium: 41.43mg (4.14%), Copper: 0.07mg (3.75%), Phosphorus: 31.59mg (3.16%), Vitamin B1: 0.05mg (3.12%), Magnesium: 12.39mg (3.1%), Iron: 0.46mg (2.55%), Vitamin B2: 0.02mg (1.44%), Vitamin B5: 0.14mg (1.42%), Selenium: 0.83µg (1.18%), Zinc: 0.16mg (1.07%)