



Onion Marmalade

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



10 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.3 cup apple cider vinegar
- 1 bay leaf
- 2 teaspoons brown sugar
- 1 tablespoon butter
- 0.3 teaspoon mustard dry
- 1 Dash ground pepper red
- 1 Dash kosher salt
- 2 cups onion diced sweet

Equipment

frying pan

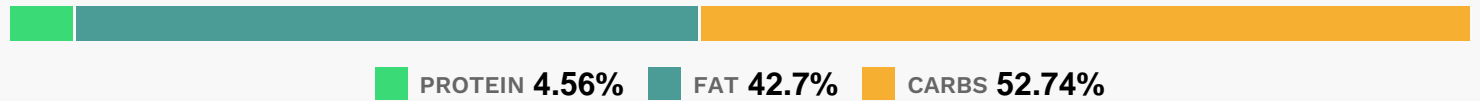
Directions

Melt butter in a medium nonstick skillet over medium heat.

Add onion to pan; cook 20 minutes or until tender, stirring occasionally. Stir in sugar; cook 2 minutes.

Add vinegar and remaining ingredients; bring to a simmer. Cook 6 minutes or until most of liquid has evaporated, stirring occasionally. Discard the bay leaf.

Nutrition Facts



Properties

Glycemic Index:5.08, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.33869564938156%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg 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: 10.37kcal (0.52%), Fat: 0.49g (0.76%), Saturated Fat: 0.3g (1.88%), Carbohydrates: 1.37g (0.46%), Net Carbohydrates: 1.24g (0.45%), Sugar: 1g (1.12%), Cholesterol: 1.25mg (0.42%), Sodium: 6.66mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.24%)