

Onion Marmalade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



226 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 3 tablespoons cranberries dried
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1.8 cups onion chopped
- ☐ 3 tablespoons sugar
- ☐ 0.5 cup water
- ☐ 0.5 cup citrus champagne vinegar
- ☐ 1 teaspoon mustard seeds yellow

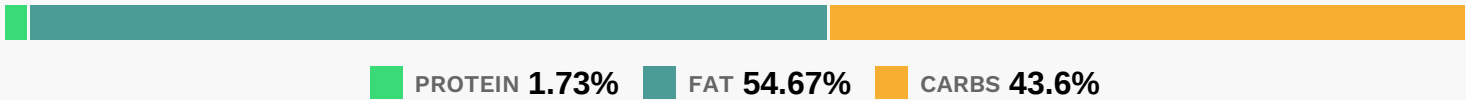
Equipment

☐ sauce pan

Directions

- ☐ Heat oil in heavy medium saucepan overmedium heat.
- ☐ Add onion and sautéuntilbeginning to soften (do not brown), stirringfrequently, about 8 minutes.
- ☐ Add 1/2 cupwater, sugar, cranberries, and mustard seeds.Cook until almost all liquid is absorbed,stirring often, about 8 minutes.
- ☐ Add vinegarand simmer until marmalade is thick, stirringoften, 7 to 8 minutes. Season to taste withsalt and pepper. Cool. DO AHEAD: Can be made1 week ahead. Cover and chill.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:24.27, Glycemic Load:7.73, Inflammation Score:-3, Nutrition Score:3.5104348153362%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 14.72mg, Quercetin: 14.72mg, Quercetin: 14.72mg, Quercetin: 14.72mg

Nutrients (% of daily need)

Calories: 226.13kcal (11.31%), Fat: 13.99g (21.53%), Saturated Fat: 1.92g (11.98%), Carbohydrates: 25.11g (8.37%), Net Carbohydrates: 23.23g (8.45%), Sugar: 20.17g (22.41%), Cholesterol: 0mg (0%), Sodium: 7.69mg (0.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (1.99%), Vitamin E: 2.23mg (14.88%), Vitamin K: 9.3µg (8.86%), Manganese: 0.15mg (7.63%), Fiber: 1.88g (7.51%), Vitamin C: 5.41mg (6.55%), Vitamin B6: 0.09mg (4.56%), Folate: 14.52µg (3.63%), Potassium: 125.21mg (3.58%), Phosphorus: 29.8mg (2.98%), Magnesium: 11.72mg (2.93%), Selenium: 2.03µg (2.9%), Vitamin B1: 0.04mg (2.65%), Iron: 0.47mg (2.64%), Copper: 0.05mg (2.38%), Calcium: 22.01mg (2.2%), Vitamin B2: 0.03mg (1.51%), Zinc: 0.19mg (1.26%), Vitamin B5: 0.12mg (1.17%)