



Onion Marmalade (or Balsamic Caramelized Onions)



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



70 min.

SERVINGS



2

CALORIES



230 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 tablespoon brown sugar
- ☐ 1 tablespoon olive oil
- ☐ 4 cups onion sliced
- ☐ 2 servings salt and pepper to taste
- ☐ 1 tablespoon thyme leaves chopped
- ☐ 0.3 cup water

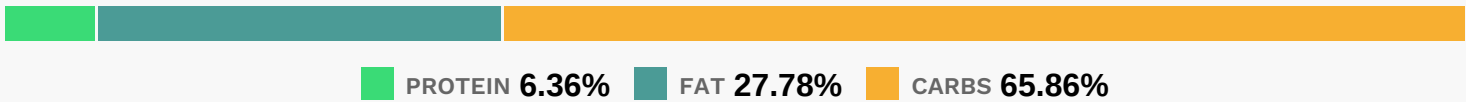
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a pan over medium heat.
- ☐ Add the onions and saute until the onions are tender, about 10–15 minutes.Reduce the heat to just a bit below medium, add the water, cover and cook until the onions turn a deep golden brown, about 50 minutes. You will need to stir every 10 minutes for the first 30 minutes and every 5 minutes for the remaining time. (
- ☐ Add a bit more water if it starts to get to dry.)
- ☐ Add the balsamic vinegar, brown sugar, thyme, salt and pepper, deglaze the pan and cook until most of the moisture is gone.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:8.13, Inflammation Score:-10, Nutrition Score:9.7839129904042%

Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 1.66mg, Luteolin: 1.66mg, Luteolin: 1.66mg, Luteolin: 1.66mg Isorhamnetin: 16.03mg, Isorhamnetin: 16.03mg, Isorhamnetin: 16.03mg, Isorhamnetin: 16.03mg Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 64.96mg, Quercetin: 64.96mg, Quercetin: 64.96mg, Quercetin: 64.96mg

Nutrients (% of daily need)

Calories: 230.29kcal (11.51%), Fat: 7.38g (11.35%), Saturated Fat: 1.12g (6.98%), Carbohydrates: 39.35g (13.12%), Net Carbohydrates: 33.42g (12.15%), Sugar: 21.78g (24.2%), Cholesterol: 0mg (0%), Sodium: 213.88mg (9.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.6%), Vitamin C: 29.28mg (35.5%), Manganese: 0.5mg (24.91%), Fiber: 5.93g (23.72%), Vitamin B6: 0.4mg (19.93%), Folate: 62.44µg (15.61%), Potassium: 514.53mg (14.7%), Magnesium: 40.36mg (10.09%), Phosphorus: 99.79mg (9.98%), Vitamin B1: 0.15mg (9.93%), Calcium: 98.15mg (9.82%), Iron: 1.48mg (8.23%), Copper: 0.16mg (7.8%), Vitamin E: 1.07mg (7.15%), Vitamin B2: 0.1mg (6.05%), Vitamin K: 5.49µg (5.23%), Zinc: 0.63mg (4.17%), Vitamin B5: 0.42mg (4.16%), Vitamin A: 172.68IU (3.45%), Selenium: 1.67µg (2.39%), Vitamin B3: 0.44mg (2.21%)