

Onion Tapenade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



179 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 tablespoon capers drained
- ☐ 1.5 cups cider vinegar
- ☐ 0.3 teaspoon coriander
- ☐ 2 tablespoons parsley fresh
- ☐ 2 tablespoons golden raisins chopped
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon peppercorns
- ☐ 2 onions red minced

☐ 0.5 cup sugar

Equipment

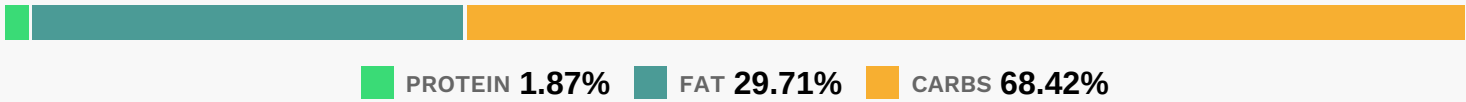
☐ bowl

☐ sauce pan

Directions

- ☐ Combine vinegar, sugar, peppercorns, and coriander in a saucepan; bring to a boil, stirring. Reduce heat; simmer 10 minutes. Put onion in a bowl; strain liquid over. Set aside 8 minutes.
- ☐ Drain onions.
- ☐ Mix onions with remaining ingredients.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:57.95, Glycemic Load:17.77, Inflammation Score:-4, Nutrition Score:4.2621738521949%

Flavonoids

Apigenin: 3.46mg, Apigenin: 3.46mg, Apigenin: 3.46mg, Apigenin: 3.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg Kaempferol: 2.57mg, Kaempferol: 2.57mg, Kaempferol: 2.57mg, Kaempferol: 2.57mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 11.84mg, Quercetin: 11.84mg, Quercetin: 11.84mg, Quercetin: 11.84mg

Nutrients (% of daily need)

Calories: 179.33kcal (8.97%), Fat: 5.78g (8.89%), Saturated Fat: 0.81g (5.08%), Carbohydrates: 29.93g (9.98%), Net Carbohydrates: 28.73g (10.45%), Sugar: 25.69g (28.54%), Cholesterol: 0mg (0%), Sodium: 51.67mg (2.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%), Vitamin K: 31.13µg (29.64%), Manganese: 0.31mg (15.73%), Vitamin C: 5.65mg (6.84%), Vitamin E: 0.85mg (5.69%), Potassium: 177.17mg (5.06%), Fiber: 1.2g (4.81%), Vitamin B6: 0.08mg (3.76%), Iron: 0.55mg (3.07%), Magnesium: 12.17mg (3.04%), Copper: 0.06mg (3.02%), Folate: 11.42µg (2.85%), Vitamin A: 140.62IU (2.81%), Phosphorus: 27.18mg (2.72%), Calcium: 23.38mg (2.34%), Vitamin B2: 0.03mg (1.87%), Vitamin B1: 0.02mg (1.52%), Zinc: 0.15mg (1.01%)