



Raspberry Glaze

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



459 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 2 tablespoons cooking wine dry red
- 1.5 teaspoons jamaican jerk rub
- 1 tablespoon juice of lemon
- 1 tablespoon olive oil
- 18 ounce raspberry preserves
- 1.5 teaspoons red wine vinegar
- 0.5 medium size onion diced sweet

Equipment

sauce pan

Directions

Melt butter in a saucepan over medium-high heat; add onion, and saut until tender. Stir in preserves, Jamaican Jerk Rub, and olive oil; cook, stirring often, 5 minutes or until preserves are melted. Stir in wine and vinegar. Bring to a boil; reduce heat, and simmer 15 minutes.

Add lemon juice.

Nutrition Facts

PROTEIN 0.87% **FAT 18.5%** **CARBS 80.63%**

Properties

Glycemic Index:13.75, Glycemic Load:47.57, Inflammation Score:-5, Nutrition Score:4.6486955826049%

Flavonoids

Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg

Nutrients (% of daily need)

Calories: 458.68kcal (22.93%), Fat: 9.37g (14.42%), Saturated Fat: 1.68g (10.53%), Carbohydrates: 91.92g (30.64%), Net Carbohydrates: 89.87g (32.68%), Sugar: 64.1g (71.22%), Cholesterol: 0mg (0%), Sodium: 122.7mg (5.33%), Alcohol: 0.79g (100%), Alcohol %: 0.52% (100%), Protein: 0.99g (1.97%), Vitamin C: 14.69mg (17.81%), Vitamin A: 473.4IU (9.47%), Fiber: 2.05g (8.19%), Copper: 0.16mg (7.95%), Vitamin E: 1.17mg (7.83%), Vitamin B2: 0.12mg (6.79%), Folate: 24.58µg (6.14%), Iron: 0.89mg (4.96%), Vitamin B6: 0.1mg (4.87%), Potassium: 169.66mg (4.85%), Manganese: 0.1mg (4.83%), Selenium: 2.92µg (4.16%), Phosphorus: 39.72mg (3.97%), Calcium: 38.74mg (3.87%), Vitamin K: 3.02µg (2.88%), Vitamin B1: 0.04mg (2.72%), Magnesium: 10.45mg (2.61%), Zinc: 0.17mg (1.1%)