



Red Onion Confit with Merlot and Balsamic Vinegar



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



188 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 6 tablespoons butter
- ☐ 2 cups merlot dry red
- ☐ 3 tablespoons olive oil
- ☐ 3 pounds onions red peeled thinly sliced
- ☐ 12 servings salt
- ☐ 6 tablespoons sugar

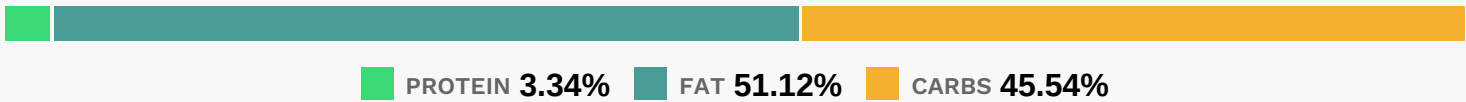
Equipment

☐ frying pan

Directions

- ☐ In a 5- to 6-quart pan over medium-high heat, melt butter with olive oil.
- ☐ Add onions and stir often until they're limp and liquid has evaporated, 8 to 10 minutes.
- ☐ Add 2 cups wine and the sugar; stir occasionally until liquid has evaporated and onions are sweet to taste and very tender, about 30 minutes.
- ☐ Add balsamic vinegar and salt to taste; stir often until flavors are blended, about 5 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:12.26, Glycemic Load:6.98, Inflammation Score:-6, Nutrition Score:3.4260869411671%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 5.69mg, Isorhamnetin: 5.69mg, Isorhamnetin: 5.69mg, Isorhamnetin: 5.69mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 23.25mg, Quercetin: 23.25mg, Quercetin: 23.25mg, Quercetin: 23.25mg

Nutrients (% of daily need)

Calories: 187.6kcal (9.38%), Fat: 9.27g (14.26%), Saturated Fat: 1.7g (10.62%), Carbohydrates: 18.58g (6.19%), Net Carbohydrates: 16.65g (6.05%), Sugar: 11.59g (12.88%), Cholesterol: 0mg (0%), Sodium: 265.69mg (11.55%), Alcohol: 4.2g (100%), Alcohol %: 3.03% (100%), Protein: 1.36g (2.73%), Vitamin C: 8.41mg (10.19%), Fiber: 1.93g (7.71%), Manganese: 0.15mg (7.7%), Vitamin B6: 0.14mg (6.84%), Folate: 21.62µg (5.4%), Vitamin A: 252.66IU (5.05%), Potassium: 174.65mg (4.99%), Vitamin E: 0.74mg (4.96%), Phosphorus: 35.5mg (3.55%), Vitamin B1:

0.05mg (3.52%), Magnesium: 12.19mg (3.05%), Calcium: 29.83mg (2.98%), Vitamin K: 2.56µg (2.44%), Copper:
0.05mg (2.31%), Vitamin B2: 0.03mg (2.02%), Iron: 0.3mg (1.67%), Vitamin B5: 0.15mg (1.45%), Zinc: 0.2mg (1.32%)