



Red Onion-Garlic Marmalade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



171 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons brown sugar
- ☐ 1.5 cups wine dry red
- ☐ 8 garlic clove halved
- ☐ 1 tablespoon herbs de provence dried
- ☐ 2.5 pounds onion red vertically sliced
- ☐ 0.3 cup red wine vinegar
- ☐ 0.5 teaspoon salt

☐ 1 tablespoon vegetable oil

Equipment

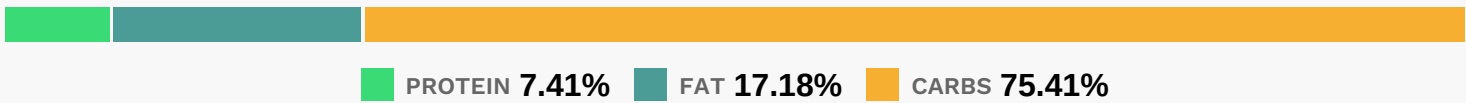
☐ bowl

☐ dutch oven

Directions

- ☐ Combine onion and vinegar in a large bowl; toss well.
- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add onion mixture. Cook 5 minutes; stir occasionally. Stir in wine and remaining ingredients; bring to a boil. Reduce heat. Simmer until liquid almost evaporates; stir occasionally (about 1 1/2 hours). Increase heat to high. Cook 3 minutes; stir constantly.
- ☐ Note: Most of the alcohol evaporates when heated, but a nonalcoholic red wine can be substituted.

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:4.28, Inflammation Score:-7, Nutrition Score:6.6530435240787%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 9.48mg, Isorhamnetin: 9.48mg, Isorhamnetin: 9.48mg, Isorhamnetin: 9.48mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 38.78mg, Quercetin: 38.78mg, Quercetin: 38.78mg, Quercetin: 38.78mg

Nutrients (% of daily need)

Calories: 170.54kcal (8.53%), Fat: 2.53g (3.89%), Saturated Fat: 0.45g (2.8%), Carbohydrates: 24.97g (8.32%), Net Carbohydrates: 21.4g (7.78%), Sugar: 11.95g (13.27%), Cholesterol: 0mg (0%), Sodium: 204.33mg (8.88%), Alcohol:

6.3g (100%), Alcohol %: 2.95% (100%), Protein: 2.45g (4.91%), Manganese: 0.38mg (19.07%), Vitamin C: 15.62mg (18.93%), Vitamin K: 16.56µg (15.77%), Fiber: 3.56g (14.26%), Vitamin B6: 0.28mg (14.1%), Folate: 37.91µg (9.48%), Potassium: 307.75mg (8.79%), Iron: 1.37mg (7.62%), Calcium: 67.72mg (6.77%), Vitamin B1: 0.1mg (6.56%), Phosphorus: 63.36mg (6.34%), Magnesium: 22.27mg (5.57%), Copper: 0.1mg (4.78%), Vitamin B2: 0.06mg (3.43%), Zinc: 0.41mg (2.76%), Vitamin B5: 0.26mg (2.63%), Selenium: 1.6µg (2.28%), Vitamin E: 0.28mg (1.85%), Vitamin B3: 0.29mg (1.43%)