



Red Onion Marmalade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



89 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 bay leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup brown sugar packed
- ☐ 1 cup wine dry red
- ☐ 1 teaspoon thyme sprigs fresh
- ☐ 3 garlic clove minced
- ☐ 2 tablespoons olive oil

- ☐ 2 pounds onion red thinly sliced
- ☐ 0.8 teaspoon sea salt fine

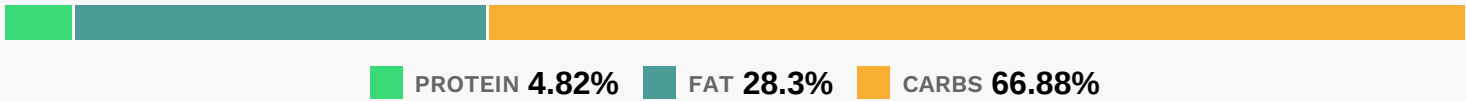
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add onion, thyme, and bay leaf. Cover and cook 25 minutes, stirring occasionally.
- ☐ Stir in salt and garlic; cook, uncovered, 2 minutes, stirring frequently. Stir in wine, brown sugar, and vinegar; bring to a boil. Reduce heat; simmer 12 minutes or until liquid almost evaporates and becomes syrupy.
- ☐ Remove from heat; stir in pepper. Cool to room temperature. Discard bay leaf.
- ☐ Note: Store in the refrigerator for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:1.87, Inflammation Score:-5, Nutrition Score:2.3043478137773%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 15.48mg, Quercetin: 15.48mg, Quercetin: 15.48mg, Quercetin: 15.48mg

Nutrients (% of daily need)

Calories: 88.65kcal (4.43%), Fat: 2.42g (3.72%), Saturated Fat: 0.36g (2.22%), Carbohydrates: 12.85g (4.28%), Net Carbohydrates: 11.52g (4.19%), Sugar: 8.06g (8.95%), Cholesterol: 0mg (0%), Sodium: 150.46mg (6.54%), Alcohol:

2.1g (100%), Alcohol %: 2.5% (100%), Protein: 0.93g (1.85%), Vitamin C: 6.1mg (7.39%), Manganese: 0.13mg (6.29%), Fiber: 1.34g (5.35%), Vitamin B6: 0.1mg (5.14%), Folate: 14.53µg (3.63%), Potassium: 124.13mg (3.55%), Vitamin B1: 0.04mg (2.43%), Calcium: 24.31mg (2.43%), Phosphorus: 24.01mg (2.4%), Vitamin E: 0.35mg (2.35%), Magnesium: 8.83mg (2.21%), Copper: 0.04mg (1.81%), Vitamin K: 1.79µg (1.7%), Iron: 0.27mg (1.52%), Vitamin B2: 0.02mg (1.3%), Vitamin B5: 0.1mg (1.05%)