



Red onion marmalade



Vegetarian



Gluten Free



Popular

READY IN



135 min.

SERVINGS



40

CALORIES



97 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 kg onion red
- ☐ 4 garlic clove
- ☐ 140 g butter
- ☐ 4 tbsp olive oil
- ☐ 140 g brown sugar
- ☐ 1 tbsp thyme sprigs fresh
- ☐ 75 cl red wine
- ☐ 350 ml red wine vinegar

☐ 200 ml port wine

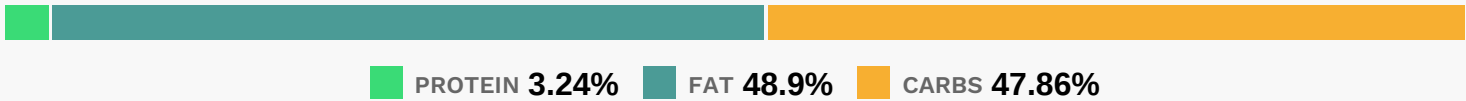
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ wooden spoon

Directions

- ☐ Halve and thinly slice the onions, then thinly slice the garlic. Melt the butter with the oil in a large, heavy-based saucepan over a high heat. Tip in the onions and garlic and give them a good stir so they are glossed with butter.
- ☐ Sprinkle over the sugar, thyme leaves, chilli flakes if using and some salt and pepper. Give everything another really good stir and reduce the heat slightly. Cook uncovered for 40-50 minutes, stirring occasionally. The onions are ready when all their juices have evaporated, theyre really soft and sticky and smell of sugar caramelising. They should be so soft that they break when pressed against the side of the pan with a wooden spoon. Slow cooking is the secret of really soft and sticky onions, so don't rush this part.
- ☐ Pour in the wine, vinegar and port and simmer everything, still uncovered, over a high heat for 25-30 minutes, stirring every so often until the onions are a deep mahogany colour and the liquid has reduced by about two-thirds. Its done when drawing a spoon across the bottom of the pan clears a path that fills rapidly with syrupy juice. Leave the onions to cool in the pan, then scoop into sterilised jars and seal. Can be eaten straight away, but keeps in the fridge for up to 3 months.

Nutrition Facts



Properties

Glycemic Index:4.18, Glycemic Load:1.14, Inflammation Score:-5, Nutrition Score:1.9186956535863%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.71mg, Petunidin: 0.71mg, Petunidin: 0.71mg, Petunidin: 0.71mg Delphinidin: 0.57mg, Delphinidin: 0.57mg, Delphinidin: 0.57mg, Delphinidin: 0.57mg Malvidin: 7.4mg, Malvidin: 7.4mg, Malvidin: 7.4mg, Malvidin: 7.4mg Peonidin: 0.43mg, Peonidin: 0.43mg,

Peonidin: 0.43mg, Peonidin: 0.43mg Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg
Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Hesperetin: 0.12mg,
Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin:
0.33mg, Naringenin: 0.33mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin:
0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin:
2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg
Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 10.45mg, Quercetin: 10.45mg,
Quercetin: 10.45mg, Quercetin: 10.45mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg,
Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 97.13kcal (4.86%), Fat: 4.29g (6.6%), Saturated Fat: 2.01g (12.59%), Carbohydrates: 9.46g (3.15%), Net
Carbohydrates: 8.57g (3.12%), Sugar: 6.03g (6.7%), Cholesterol: 7.53mg (2.51%), Sodium: 27.49mg (1.2%), Alcohol:
2.76g (100%), Alcohol %: 3.83% (100%), Protein: 0.64g (1.28%), Manganese: 0.11mg (5.48%), Vitamin C: 4.12mg
(4.99%), Vitamin B6: 0.08mg (3.83%), Fiber: 0.88g (3.52%), Potassium: 112.7mg (3.22%), Folate: 9.92µg (2.48%),
Magnesium: 8.8mg (2.2%), Phosphorus: 21.6mg (2.16%), Vitamin E: 0.29mg (1.95%), Vitamin A: 97.18IU (1.94%),
Calcium: 18.95mg (1.89%), Iron: 0.31mg (1.73%), Vitamin B1: 0.03mg (1.71%), Copper: 0.03mg (1.41%), Vitamin B2:
0.02mg (1.33%), Vitamin K: 1.37µg (1.3%)