



Red Onion Marmalade with Chestnuts



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



175 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 12 honey peeled halved
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 4 tablespoons olive oil
- ☐ 1 cup port wine
- ☐ 0.3 cup prune- cut to pieces dried pitted chopped (plums)
- ☐ 6 cups onion red thinly sliced (4 medium)
- ☐ 2 tablespoons red wine vinegar
- ☐ 1 teaspoon salt

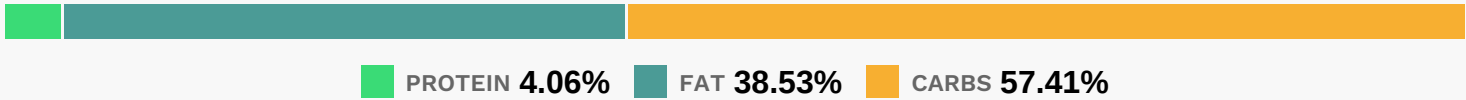
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat 3 tablespoons oil in large deep nonstick skillet over high heat.
- ☐ Add onions and 1 teaspoon salt.
- ☐ Sprinkle with pepper. Sauté until onions are beginning to brown, about 5 minutes. Reduce heat to medium-low; cover and cook until onions are soft, stirring occasionally, about 15 minutes. Increase heat to high; uncover and sauté until onions are brown, about 5 minutes.
- ☐ Add Port, prunes, and vinegar; stir until liquid evaporates and onions darken, about 3 minutes.
- ☐ Add thyme; stir 1 minute.
- ☐ Remove from heat.
- ☐ Heat 1 tablespoon oil in small skillet over medium-high heat.
- ☐ Add chestnuts and sauté until coated with oil, about 1 minute.
- ☐ Add to onion mixture. Season onion marmalade with more salt and pepper, if desired.
- ☐ Transfer to bowl; cool. (Can be prepared 5 days ahead. Cover and chill. Bring to room temperature before serving.)
- ☐ *Available at specialty foods stores and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:17.22, Glycemic Load:5.69, Inflammation Score:-7, Nutrition Score:4.7856521554615%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 1.77mg, Petunidin: 1.77mg, Petunidin: 1.77mg, Petunidin: 1.77mg Delphinidin: 1.04mg, Delphinidin: 1.04mg, Delphinidin: 1.04mg, Delphinidin: 1.04mg Malvidin: 25.29mg, Malvidin: 25.29mg, Malvidin: 25.29mg, Malvidin: 25.29mg Peonidin: 1.05mg, Peonidin:

1.05mg, Peonidin: 1.05mg, Peonidin: 1.05mg Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg Epicatechin: 2.02mg, Epicatechin: 2.02mg, Epicatechin: 2.02mg, Epicatechin: 2.02mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 22.26mg, Quercetin: 22.26mg, Quercetin: 22.26mg, Quercetin: 22.26mg

Nutrients (% of daily need)

Calories: 174.97kcal (8.75%), Fat: 6.49g (9.99%), Saturated Fat: 0.94g (5.85%), Carbohydrates: 21.77g (7.26%), Net Carbohydrates: 19.55g (7.11%), Sugar: 8.44g (9.38%), Cholesterol: 0mg (0%), Sodium: 265.81mg (11.56%), Alcohol: 4.08g (100%), Alcohol %: 3.23% (100%), Protein: 1.54g (3.08%), Vitamin C: 13.15mg (15.94%), Manganese: 0.23mg (11.56%), Vitamin B6: 0.18mg (8.94%), Fiber: 2.22g (8.87%), Potassium: 273.98mg (7.83%), Folate: 27.16µg (6.79%), Vitamin K: 7.05µg (6.71%), Vitamin E: 0.94mg (6.25%), Copper: 0.12mg (5.85%), Vitamin B1: 0.07mg (4.84%), Magnesium: 19.26mg (4.81%), Phosphorus: 41.66mg (4.17%), Calcium: 33.1mg (3.31%), Iron: 0.57mg (3.15%), Vitamin B2: 0.05mg (2.73%), Vitamin B5: 0.22mg (2.15%), Vitamin B3: 0.4mg (2.01%), Zinc: 0.29mg (1.91%), Vitamin A: 63.91IU (1.28%)