



Red Onion Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



10 kcal

SIDE DISH

Ingredients

- 2 tablespoons cider vinegar
- 2 teaspoons cumin seeds
- 1 tablespoon brown sugar dark
- 0.5 teaspoon kosher salt
- 3 tablespoons juice of lemon fresh
- 0.5 medium size onion red

Equipment

- bowl

frying pan

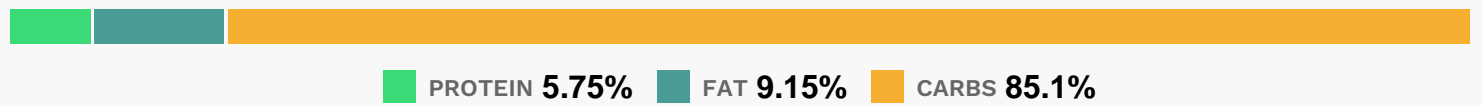
Directions

Thinly slice onion, and place in a 2-qt. glass bowl.

Heat a medium skillet over medium-high heat until hot; add cumin seeds, and cook, stirring constantly, 1 to 2 minutes or until toasted. Slowly stir in 1/2 cup water, lemon juice, and next 3 ingredients. Stir until brown sugar is melted and mixture comes to a boil.

Pour over red onion slices, and let stand 1 hour. Store in an airtight container in refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:7.2, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:0.50782609180264%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 9.88kcal (0.49%), Fat: 0.11g (0.16%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 2.21g (0.74%), Net Carbohydrates: 2.06g (0.75%), Sugar: 1.53g (1.7%), Cholesterol: 0mg (0%), Sodium: 117.7mg (5.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.3%), Vitamin C: 2.18mg (2.64%), Iron: 0.3mg (1.65%), Manganese: 0.03mg (1.48%)