



## Shallot-Tarragon Jam

 Vegetarian  Gluten Free

READY IN



100 min.

SERVINGS



6

CALORIES



181 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 6 servings pepper black freshly ground
- 2 tablespoons tarragon fresh coarsely chopped
- 0.3 cup granulated sugar
- 0.5 teaspoon kosher salt
- 2 tablespoons olive oil
- 1.5 pounds shallots peeled halved sliced
- 1 tablespoon butter unsalted
- 0.3 cup tarragon vinegar

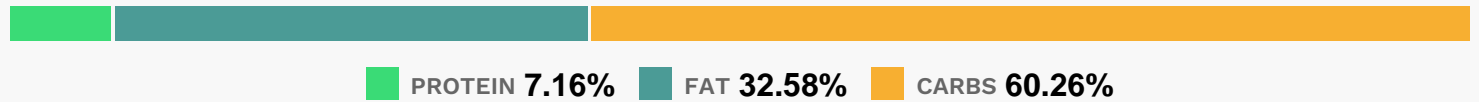
# Equipment

frying pan

# Directions

- Heat the oil and butter in a large frying pan over medium heat until the butter is foaming.
- Add the shallots and salt and season with pepper. Cook, stirring occasionally, until the shallots are softened and just beginning to brown, about 15 minutes. Stir in 1/4 cup of the vinegar and the sugar and cook, stirring occasionally, until the shallots are completely soft and caramelized and the jam is thick and syrupy, about 25 to 30 minutes.
- Remove the pan from the heat and stir in the remaining 2 tablespoons of vinegar. Set aside and let cool to almost room temperature, about 20 minutes. Stir in the tarragon and let cool completely. Refrigerate in a container with a tightfitting lid for up to 5 days.

# Nutrition Facts



# Properties

Glycemic Index:42.02, Glycemic Load:11.16, Inflammation Score:-5, Nutrition Score:7.5669565119821%

# Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

# Nutrients (% of daily need)

Calories: 180.76kcal (9.04%), Fat: 6.87g (10.57%), Saturated Fat: 1.91g (11.92%), Carbohydrates: 28.59g (9.53%), Net Carbohydrates: 24.77g (9.01%), Sugar: 17.25g (19.16%), Cholesterol: 5.02mg (1.67%), Sodium: 209.51mg (9.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.79%), Manganese: 0.54mg (26.83%), Vitamin B6: 0.45mg (22.39%), Fiber: 3.83g (15.31%), Potassium: 451.57mg (12.9%), Vitamin C: 10.24mg (12.41%), Iron: 2.16mg (12%), Folate: 45.04µg (11.26%), Magnesium: 32.24mg (8.06%), Phosphorus: 76.49mg (7.65%), Calcium: 70.42mg (7.04%), Copper: 0.12mg (5.93%), Vitamin E: 0.77mg (5.15%), Vitamin B1: 0.07mg (4.94%), Vitamin K: 4.04µg (3.85%), Zinc: 0.55mg (3.67%), Vitamin B5: 0.33mg (3.33%), Vitamin B2: 0.06mg (3.32%), Vitamin A: 161.39IU (3.23%), Selenium: 1.6µg (2.28%), Vitamin B3: 0.44mg (2.19%)