



## Sun-Dried Tomato Jam



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



123 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- ☐ 0.5 cup fat-skimmed beef broth fat-free
- ☐ 1 tablespoon rosemary leaves fresh finely chopped
- ☐ 3 garlic clove minced
- ☐ 21 ounce sun-dried olives drained coarsely chopped
- ☐ 3 cups onion vertically sliced
- ☐ 0.3 cup red wine
- ☐ 0.5 cup red wine vinegar
- ☐ 0.8 teaspoon salt

- ☐ 3 tablespoons sugar
- ☐ 1 cup water

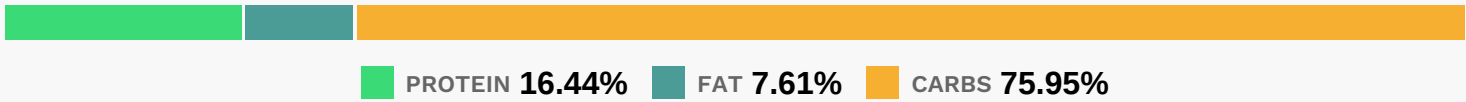
## Equipment

- ☐ sauce pan

## Directions

- ☐ Heat a medium saucepan over medium-high heat.
- ☐ Add first 4 ingredients; cook 8 minutes or until tomatoes are soft, stirring occasionally.
- ☐ Add vinegar and wine; cook 3 minutes or until liquid is absorbed.
- ☐ Add 1 cup water and broth; bring to boil. Reduce heat; simmer 45 minutes or until liquid evaporates, stirring occasionally. Stir in rosemary and salt.

## Nutrition Facts



## Properties

Glycemic Index:10.76, Glycemic Load:7.11, Inflammation Score:-6, Nutrition Score:13.072608835995%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 0.52mg, Malvidin: 0.52mg, Malvidin: 0.52mg, Malvidin: 0.52mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg

## Nutrients (% of daily need)

Calories: 122.55kcal (6.13%), Fat: 1.16g (1.79%), Saturated Fat: 0.18g (1.09%), Carbohydrates: 26.15g (8.72%), Net Carbohydrates: 21.03g (7.65%), Sugar: 17.55g (19.5%), Cholesterol: 0mg (0%), Sodium: 180.67mg (7.86%), Alcohol:

0.4g (100%), Alcohol %: 0.49% (100%), Protein: 5.66g (11.32%), Potassium: 1333.02mg (38.09%), Manganese: 0.75mg (37.29%), Copper: 0.55mg (27.36%), Vitamin C: 17.05mg (20.66%), Fiber: 5.12g (20.46%), Iron: 3.53mg (19.59%), Magnesium: 76.41mg (19.1%), Vitamin B3: 3.46mg (17.28%), Vitamin K: 16.14µg (15.38%), Phosphorus: 144.35mg (14.43%), Vitamin B1: 0.21mg (14.14%), Vitamin B2: 0.19mg (11.41%), Vitamin B6: 0.17mg (8.5%), Vitamin B5: 0.83mg (8.27%), Folate: 31.26µg (7.82%), Vitamin A: 329.59IU (6.59%), Zinc: 0.81mg (5.4%), Calcium: 50.81mg (5.08%), Selenium: 2.45µg (3.51%)