



Sun-Dried Tomato Onion Jam



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



136 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup apricot dried packed thinly sliced
- ☐ 0.5 cup wine dry white
- ☐ 0.8 cup sun-dried olives drained chopped
- ☐ 3 medium onion halved lengthwise thinly sliced
- ☐ 0.1 teaspoon pepper dried red hot
- ☐ 1 tablespoon red-wine vinegar
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup sugar
- ☐ 3 tablespoons butter unsalted

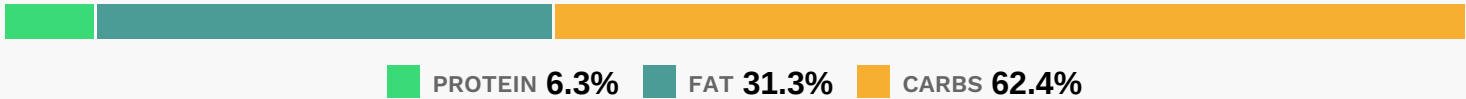
Equipment

- ☐ frying pan

Directions

- ☐ Cook onions, butter, sugar, salt, pepper, and red pepper flakes, covered, in a 10–inch heavy skillet over low heat, stirring occasionally, until onions are soft and pale golden, about 30 minutes.
- ☐ Add wine, vinegar, apricots, and tomatoes and simmer, uncovered, stirring occasionally, until thick, 20 to 30 minutes.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:25.94, Glycemic Load:8.83, Inflammation Score:-5, Nutrition Score:5.2873913425466%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg

Nutrients (% of daily need)

Calories: 135.52kcal (6.78%), Fat: 4.66g (7.17%), Saturated Fat: 2.76g (17.25%), Carbohydrates: 20.9g (6.97%), Net Carbohydrates: 18.61g (6.77%), Sugar: 16.26g (18.07%), Cholesterol: 11.29mg (3.76%), Sodium: 160.52mg (6.98%), Alcohol: 1.54g (100%), Alcohol %: 2.26% (100%), Protein: 2.11g (4.22%), Manganese: 0.28mg (14.05%), Potassium: 475.35mg (13.58%), Fiber: 2.29g (9.17%), Copper: 0.18mg (9%), Vitamin C: 7.15mg (8.66%), Vitamin A: 378.17IU

(7.56%), Magnesium: 27.27mg (6.82%), Iron: 1.2mg (6.66%), Phosphorus: 55.86mg (5.59%), Vitamin B3: 1.11mg (5.55%), Vitamin K: 5.29µg (5.04%), Vitamin B1: 0.08mg (5.01%), Vitamin B6: 0.1mg (4.9%), Vitamin B2: 0.07mg (4.15%), Folate: 15.58µg (3.9%), Vitamin B5: 0.3mg (3.01%), Calcium: 26.34mg (2.63%), Vitamin E: 0.32mg (2.13%), Zinc: 0.32mg (2.12%), Selenium: 0.99µg (1.41%)