



Sunday Brunch: Tomato-Basil Marmalade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



472 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 cups basil loosely packed
- ☐ 8 beefsteak tomatoes cored cut into 1/2-inch dice
- ☐ 0.5 cup brown sugar light packed
- ☐ 3 servings canola oil
- ☐ 0.5 cup fennel bulb chopped
- ☐ 2 medium garlic clove thinly sliced
- ☐ 3 servings kosher salt
- ☐ 0.5 cup leek white green chopped (and palest parts only)

- ☐ 0.5 cup onion chopped
- ☐ 1 cup red wine vinegar

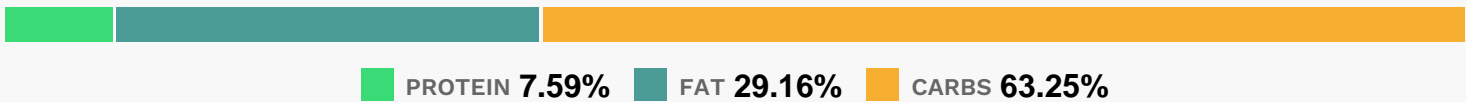
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ Preheat the oven to 375°.
- ☐ Put the fennel, onion, leeks and garlic in a 3–4 quart ovenproof saucepan and toss with a couple of glugs of oil until evenly coated.
- ☐ Sprinkle with salt. Roast for 45 minutes to an hour, stirring every 15 minutes, until soft and lightly caramelized. Discard any bits that get charred.
- ☐ Add the brown sugar and vinegar to the pan, stir, and cook 20 minutes more.
- ☐ Stir in the tomatoes and cook for an hour and a half, stirring every 30 minutes. Taste the marmalade: if it still tastes strongly of vinegar, continue cooking until that flavor mellows.
- ☐ Use a slotted spoon to put the tomatoes into a storage container. Alternate spoonfuls of tomato with basil leaves. When all the tomatoes are in the jar, tamp them down a bit with the spoon and then pour over cooking liquid just to cover. (I ended up with only a spoonful or two of extra cooking liquid, but my tomatoes were rather juicy themselves, so it didn't seem to matter.)
- ☐ Cover, let cool to room temperature, and then refrigerate for up to a month. When serving remove the basil leaves, which will have turned rather dingy.

Nutrition Facts



Properties

Glycemic Index:80.67, Glycemic Load:10.98, Inflammation Score:-10, Nutrition Score:36.810869191004%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Naringenin: 6.17mg, Naringenin: 6.17mg, Naringenin: 6.17mg, Naringenin: 6.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg Quercetin: 10.75mg, Quercetin: 10.75mg, Quercetin: 10.75mg, Quercetin: 10.75mg

Nutrients (% of daily need)

Calories: 472.3kcal (23.61%), Fat: 16.03g (24.66%), Saturated Fat: 1.32g (8.27%), Carbohydrates: 78.2g (26.07%), Net Carbohydrates: 65.85g (23.94%), Sugar: 61.76g (68.62%), Cholesterol: 0mg (0%), Sodium: 268.32mg (11.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.38g (18.76%), Vitamin A: 8663.95IU (173.28%), Vitamin C: 133.61mg (161.95%), Vitamin K: 164.23µg (156.41%), Manganese: 1.44mg (72.24%), Potassium: 2409.56mg (68.84%), Vitamin E: 7.7mg (51.34%), Fiber: 12.35g (49.39%), Vitamin B6: 0.86mg (43.17%), Folate: 165.78µg (41.45%), Copper: 0.67mg (33.28%), Magnesium: 126.25mg (31.56%), Vitamin B3: 5.77mg (28.84%), Phosphorus: 257.64mg (25.76%), Vitamin B1: 0.37mg (24.5%), Iron: 4.08mg (22.68%), Calcium: 179.93mg (17.99%), Zinc: 1.82mg (12.14%), Vitamin B2: 0.2mg (11.94%), Vitamin B5: 0.99mg (9.88%), Selenium: 1.16µg (1.65%)