



## Sweet-and-Sour Red Onion-Vinegar Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



12 kcal

SAUCE

### Ingredients

- ☐ 3 tablespoons coriander seeds crushed
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper black
- ☐ 3 cups onion red thinly sliced
- ☐ 1 cup red wine vinegar
- ☐ 3 tablespoons sugar
- ☐ 0.5 cup vinegar white

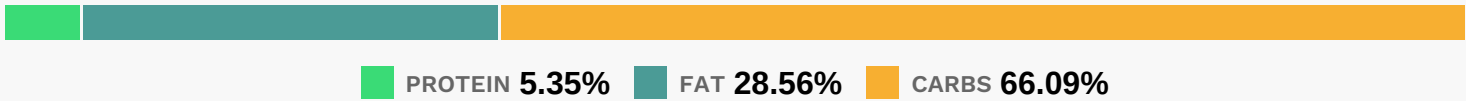
# Equipment

☐ bowl

# Directions

- ☐ Combine the first 5 ingredients; cover and refrigerate for 3 hours.
- ☐ Drain onion; place in a bowl. Stir in white vinegar, coriander, and oil.

# Nutrition Facts



# Properties

Glycemic Index:3.73, Glycemic Load:0.73, Inflammation Score:-1, Nutrition Score:0.40478261082393%

# Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

# Nutrients (% of daily need)

Calories: 11.85kcal (0.59%), Fat: 0.36g (0.55%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 1.87g (0.62%), Net Carbohydrates: 1.57g (0.57%), Sugar: 1.17g (1.3%), Cholesterol: 0mg (0%), Sodium: 13.09mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.3%), Fiber: 0.3g (1.21%), Manganese: 0.02mg (1.2%), Vitamin C: 0.83mg (1.01%)