



Sweet and Spicy Onion Relish

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



24

CALORIES



232 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon pepper black freshly ground
- 24 servings brown mustard for serving
- 3 cloves garlic fresh crushed
- 24 servings hot dogs cooked for serving
- 1 cup brown sugar light
- 24 servings mayonnaise for serving
- 1 tablespoon pepper flakes red crushed
- 48 ounces root beer

- 0.3 cup vegetable oil
- 2 medium onions sweet yellow

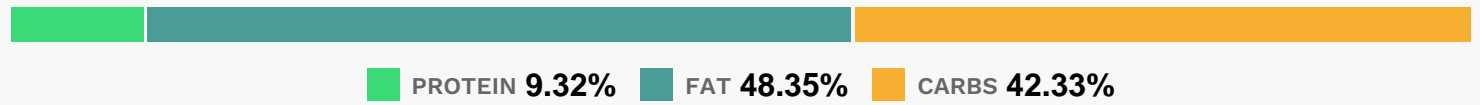
Equipment

- sauce pan

Directions

- Peel the onions, cut in half and slice into 1-inch pieces.
- Add the onions and the vegetable oil to a large saucepan, over medium-low heat, and saute until soft. Stir in the black pepper, crushed red pepper flakes, garlic and brown sugar until incorporated.
- Add half of the root beer and let reduce until starting to get thick. Stir in the remaining root beer and continue to reduce until the liquid is almost completely evaporated.
- Serve on top of good quality, natural casing hot dogs with a good brown mustard and a little mayonnaise, to taste.

Nutrition Facts



Properties

Glycemic Index:6.96, Glycemic Load:2.56, Inflammation Score:-2, Nutrition Score:5.6069565151373%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 232.04kcal (11.6%), Fat: 12.73g (19.58%), Saturated Fat: 3.21g (20.08%), Carbohydrates: 25.07g (8.36%), Net Carbohydrates: 24.52g (8.92%), Sugar: 15.48g (17.2%), Cholesterol: 21.93mg (7.31%), Sodium: 349.31mg (15.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.52g (11.04%), Selenium: 16.52µg (23.6%), Vitamin K: 11.34µg (10.8%), Vitamin B3: 1.83mg (9.16%), Vitamin B1: 0.13mg (8.69%), Vitamin B2: 0.14mg (8.13%), Iron: 1.44mg (8%), Zinc: 1.11mg (7.43%), Manganese: 0.14mg (6.94%), Folate: 27.44µg (6.86%), Phosphorus: 66.68mg (6.67%), Magnesium: 16.33mg (4.08%), Vitamin B12: 0.24µg (3.98%), Vitamin E: 0.55mg (3.66%), Potassium: 116.51mg (3.33%), Copper: 0.07mg (3.31%), Calcium: 31.14mg (3.11%), Vitamin B5: 0.29mg (2.87%), Vitamin B6: 0.06mg

(2.87%), Fiber: 0.54g (2.18%), Vitamin A: 102.73IU (2.05%), Vitamin C: 0.98mg (1.19%)