



## Vidalia Onion Marmalade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



65 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 teaspoon cayenne pepper
- 2 tablespoon parsley
- 1 teaspoon salt
- 0.3 cup sugar
- 2 tablespoons vegetable oil
- 4 cups vidalia onions finely chopped
- 2 tablespoons distilled vinegar white

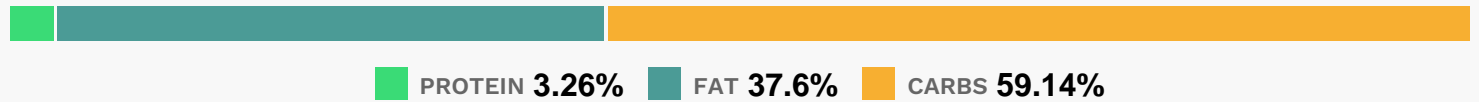
# Equipment

- frying pan

# Directions

- Saute the onion in hot oil in skillet over medium high heat with the salt, pepper, and cayenne, cook stirring often, for about 10 to 12 minutes, or until the onions are golden.
- Add the sugar and cook for 2 minutes, stirring constantly.
- Add the vinegar and parsley and cook for 1 minute.
- Remove from heat, cool and serve.
- Can be stored in airtight container in the refrigerator for up to 1 week.

# Nutrition Facts



# Properties

Glycemic Index:21.61, Glycemic Load:3.51, Inflammation Score:-3, Nutrition Score:2.4056521472724%

# Flavonoids

Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg Quercetin: 9.3mg, Quercetin: 9.3mg, Quercetin: 9.3mg, Quercetin: 9.3mg

# Nutrients (% of daily need)

Calories: 64.92kcal (3.25%), Fat: 2.8g (4.31%), Saturated Fat: 0.42g (2.61%), Carbohydrates: 9.92g (3.31%), Net Carbohydrates: 9.3g (3.38%), Sugar: 8.22g (9.13%), Cholesterol: 0mg (0%), Sodium: 238.26mg (10.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.09%), Vitamin K: 18.44µg (17.56%), Vitamin C: 4.17mg (5.06%), Vitamin B6: 0.09mg (4.26%), Folate: 16µg (4%), Manganese: 0.06mg (2.99%), Fiber: 0.63g (2.51%), Potassium: 82.48mg (2.36%), Copper: 0.04mg (1.93%), Vitamin B1: 0.03mg (1.81%), Phosphorus: 18.1mg (1.81%), Vitamin A: 89.11IU (1.78%), Vitamin E: 0.26mg (1.71%), Magnesium: 6.36mg (1.59%), Calcium: 14.59mg (1.46%), Iron: 0.23mg (1.28%)