

# Sweet Onion Filling

*The Essential Appetizers Cookbook (1999)*  
*Whitecap Books*

2 tablespoons olive oil  
3 onions, sliced  
1 clove garlic, sliced  
2 teaspoons sugar  
2 tablespoons balsamic vinegar  
3 tablespoons raisins

## Cook Time:

In a heavy skillet, heat the oil. Add the onion and garlic. Cook, covered, over low heat for 30 minutes or until the onion is very soft and beginning to brown.

Increase the heat to medium. Add the sugar and vinegar. Cook, stirring, until most of the liquid has evaporated and the onion is glossy.

Stir in the raisins.

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Per Serving (excluding unknown items): 487 Calories; 28g Fat (48.5% calories from fat); 5g Protein; 61g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 14mg Sodium. Exchanges: 5 Vegetable; 1 1/2 Fruit; 5 1/2 Fat; 1/2 Other Carbohydrates.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	487	Vitamin B6 (mg):	.5mg
% Calories from Fat:	48.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	47.7%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	3.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	28g	Folacin (mcg):	64mcg
Saturated Fat (g):	4g	Niacin (mg):	1mg
Monounsaturated Fat (g):	20g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	61g	<b>Food Exchanges</b>	
Dietary Fiber (g):	7g	Grain (Starch):	0
Protein (g):	5g	Lean Meat:	0

**Sodium (mg):** 14mg  
**Potassium (mg):** 768mg  
**Calcium (mg):** 87mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 23mg  
**Vitamin A (i.u.):** 2IU  
**Vitamin A (r.e.):** 1/2RE

**Vegetable:** 5  
**Fruit:** 1 1/2  
**Non-Fat Milk:** 0  
**Fat:** 5 1/2  
**Other Carbohydrates:** 1/2

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## Nutrition Facts

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### Amount Per Serving

**Calories** 487                      **Calories from Fat:** 236

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### % Daily Values\*

<b>Total Fat</b> 28g	43%
Saturated Fat 4g	19%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 14mg	1%
<b>Total Carbohydrates</b> 61g	20%
Dietary Fiber 7g	28%
<b>Protein</b> 5g	
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<b>Vitamin A</b>	0%
<b>Vitamin C</b>	38%
<b>Calcium</b>	9%
<b>Iron</b>	9%

\* Percent Daily Values are based on a 2000 calorie diet.