

Red Onion Burger Marmalade

Lea & Perrins, Inc.
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1/4 cup olive oil
2 large red onions, thinly sliced
1/3 cup steak sauce

In a skillet, heat the olive oil. Add the onions.
Cover and cook over low heat until soft, about 30 minutes.

Stir in the steak sauce. Cook, uncovered, until thick, about 20 minutes.

Per Serving (excluding unknown items): 648 Calories; 55g Fat (73.5% calories from fat); 5g Protein; 39g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 1160mg Sodium. Exchanges: 5 Vegetable; 11 Fat; 1 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

| | |
|--------------------------------|--------|
| Calories (kcal): | 648 |
| % Calories from Fat: | 73.5% |
| % Calories from Carbohydrates: | 23.5% |
| % Calories from Protein: | 3.0% |
| Total Fat (g): | 55g |
| Saturated Fat (g): | 7g |
| Monounsaturated Fat (g): | 40g |
| Polyunsaturated Fat (g): | 5g |
| Cholesterol (mg): | 0mg |
| Carbohydrate (g): | 39g |
| Dietary Fiber (g): | 7g |
| Protein (g): | 5g |
| Sodium (mg): | 1160mg |
| Potassium (mg): | 820mg |
| Calcium (mg): | 78mg |
| Iron (mg): | 2mg |
| Zinc (mg): | 1mg |

| | |
|---------------------|-------|
| Vitamin B6 (mg): | .5mg |
| Vitamin B12 (mcg): | 0mcg |
| Thiamin B1 (mg): | .1mg |
| Riboflavin B2 (mg): | .1mg |
| Folacin (mcg): | 66mcg |
| Niacin (mg): | 1mg |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |
| % Refuse: | n n% |

Food Exchanges

| | |
|----------------------|----|
| Grain (Starch): | 0 |
| Lean Meat: | 0 |
| Vegetable: | 5 |
| Fruit: | 0 |
| Non-Fat Milk: | 0 |
| Fat: | 11 |
| Other Carbohydrates: | 1 |

Vitamin C (mg): 33mg
Vitamin A (i.u.): 740IU
Vitamin A (r.e.): 74 1/2RE

Nutrition Facts

Amount Per Serving

| | | |
|-----------------|-----|------------------------|
| Calories | 648 | Calories from Fat: 476 |
|-----------------|-----|------------------------|

% Daily Values*

| | | |
|----------------------------|--------|-----|
| Total Fat | 55g | 84% |
| Saturated Fat | 7g | 37% |
| Cholesterol | 0mg | 0% |
| Sodium | 1160mg | 48% |
| Total Carbohydrates | 39g | 13% |
| Dietary Fiber | 7g | 29% |
| Protein | 5g | |

| | |
|------------------|-----|
| Vitamin A | 15% |
| Vitamin C | 55% |
| Calcium | 8% |
| Iron | 11% |

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