



BBQ Relish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



130 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup bacon uncooked chopped
- ☐ 1.5 cups commercial barbecue sauce
- ☐ 0.3 cup lightly cilantro fresh packed chopped
- ☐ 1 tablespoon garlic minced
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.3 cup poblano pepper minced
- ☐ 0.3 cup bell pepper red minced
- ☐ 0.3 cup onion white minced

0.3 cup bell pepper yellow minced

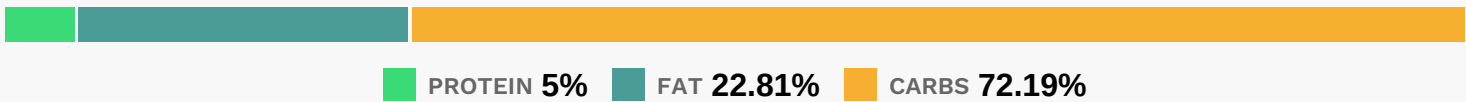
Equipment

sauce pan

Directions

- Cook bacon in a heavy saucepan until crisp; drain.
- Add onion, peppers, and garlic. Cover and cook over medium heat for 8 minutes. Stir in barbecue sauce. Bring mixture to a boil. Cool completely; stir in cilantro and lemon juice.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:0.27, Inflammation Score:-3, Nutrition Score:3.8313043720048%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 130.21kcal (6.51%), Fat: 3.32g (5.1%), Saturated Fat: 1.02g (6.36%), Carbohydrates: 23.62g (7.87%), Net Carbohydrates: 22.8g (8.29%), Sugar: 18.35g (20.39%), Cholesterol: 4.88mg (1.63%), Sodium: 602.31mg (26.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.27%), Vitamin C: 19.63mg (23.79%), Vitamin A: 329.15IU (6.58%), Vitamin B6: 0.11mg (5.56%), Manganese: 0.11mg (5.5%), Potassium: 181.45mg (5.18%), Vitamin E: 0.57mg (3.78%), Vitamin B3: 0.75mg (3.73%), Selenium: 2.37µg (3.39%), Fiber: 0.82g (3.29%), Vitamin K: 3.13µg (2.98%), Vitamin B1: 0.04mg (2.93%), Copper: 0.06mg (2.84%), Phosphorus: 27.9mg (2.79%), Vitamin B2: 0.05mg (2.69%), Iron: 0.47mg (2.6%), Magnesium: 10.36mg (2.59%), Calcium: 22.7mg (2.27%), Vitamin B5: 0.17mg (1.72%), Folate: 6.31µg (1.58%), Zinc: 0.23mg (1.51%)