



Chopped Tomato Relish with Fried Garlic and Capers

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



149 kcal

SIDE DISH

Ingredients

- 4 servings pepper black freshly ground to taste
- 0.3 cup capers rinsed drained
- 2 teaspoon coarse salt
- 3 clove garlic thinly sliced
- 0.3 cup olive oil
- 0.3 cup red wine vinegar
- 1 pound tomatoes ripe

Equipment

- bowl
- frying pan

Directions

- Core and cut the larger tomatoes into ½ inch chunks. Slice the larger cherry tomatoes in half, leaving the smaller ones whole.
- Transfer them all to a serving dish
- Heat the olive oil in a small skillet set over medium heat.
- Add the garlic slices and fry them in the oil until they are crisp and golden brown.
- Remove it from the heat to cool slightly, but you want to make sure the oil is still quite warm when you use it. Season the tomatoes with salt and pepper. Next add the capers to the bowl. Toss the oregano leaves on top. Then pour the hot oil over the mixture. It will slightly wilt the relish where it comes in contact with the tomatoes, capers and oregano.
- Add the red wine vinegar and toss the mixture well. It will keep in the refrigerator up to one week.

Nutrition Facts

  
 **PROTEIN 3.69%**  **FAT 81.19%**  **CARBS 15.12%**

Properties

Glycemic Index:25, Glycemic Load:1.38, Inflammation Score:-7, Nutrition Score:6.3104347949443%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 14.47mg, Kaempferol: 14.47mg, Kaempferol: 14.47mg, Kaempferol: 14.47mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 19.57mg, Quercetin: 19.57mg, Quercetin: 19.57mg, Quercetin: 19.57mg

Nutrients (% of daily need)

Calories: 148.71kcal (7.44%), Fat: 13.84g (21.29%), Saturated Fat: 1.92g (12.02%), Carbohydrates: 5.8g (1.93%), Net Carbohydrates: 4.01g (1.46%), Sugar: 3.05g (3.39%), Cholesterol: 0mg (0%), Sodium: 1473.14mg (64.05%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.83%), Vitamin C: 16.78mg (20.34%), Vitamin A: 960.45IU (19.21%), Vitamin K: 19.98µg (19.03%), Vitamin E: 2.66mg (17.7%), Manganese: 0.2mg (9.9%), Potassium: 289.68mg (8.28%), Fiber: 1.78g (7.13%), Vitamin B6: 0.12mg (6.07%), Copper: 0.12mg (5.91%), Folate: 19.61µg (4.9%), Magnesium: 17.44mg (4.36%), Iron: 0.69mg (3.83%), Vitamin B3: 0.76mg (3.81%), Phosphorus: 33.1mg (3.31%), Vitamin B1: 0.05mg (3.24%), Vitamin B2: 0.04mg (2.32%), Calcium: 21.98mg (2.2%), Zinc: 0.26mg (1.75%), Vitamin B5: 0.12mg (1.19%)