



Christopholofigus's Infamous Jalapeno Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



3

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup dill pickle oval-shaped
- 1 teaspoon optional: dill fresh chopped
- 1 clove garlic roughly chopped
- 2 cups pickled jalapeño peppers
- 0.3 cup onion chopped
- 1 teaspoon cracked pepper fresh
- 1 dash pepper sauce hot tabasco® (such as)
- 1 tablespoon tequila

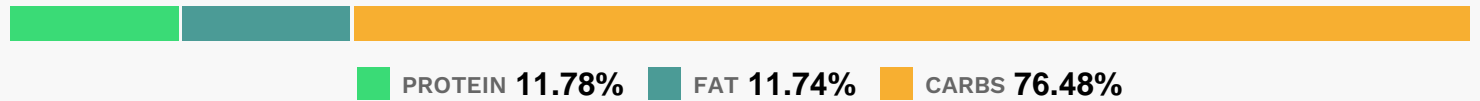
Equipment

- food processor
- bowl

Directions

- Place the pickled jalapenos, dill pickle slices, tequila, garlic, onion, pepper, dill, and hot pepper sauce in the work bowl of a food processor, and pulse several times to finely chop and mix all ingredients.
- Serve chilled.

Nutrition Facts



Properties

Glycemic Index:50.33, Glycemic Load:1.16, Inflammation Score:-7, Nutrition Score:9.4886957121932%

Flavonoids

Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

Nutrients (% of daily need)

Calories: 43.18kcal (2.16%), Fat: 0.47g (0.72%), Saturated Fat: 0.11g (0.68%), Carbohydrates: 6.85g (2.28%), Net Carbohydrates: 4.28g (1.56%), Sugar: 3.66g (4.07%), Cholesterol: 0mg (0%), Sodium: 388.73mg (16.9%), Alcohol: 1.67g (100%), Alcohol %: 1.66% (100%), Protein: 1.06g (2.11%), Vitamin C: 73.51mg (89.11%), Vitamin K: 20.27µg (19.31%), Vitamin B6: 0.3mg (14.91%), Vitamin A: 740.66IU (14.81%), Vitamin E: 2.22mg (14.77%), Fiber: 2.57g (10.3%), Manganese: 0.2mg (10.04%), Potassium: 234.92mg (6.71%), Folate: 22.74µg (5.69%), Vitamin B2: 0.08mg (4.44%), Vitamin B3: 0.85mg (4.26%), Calcium: 40.84mg (4.08%), Magnesium: 15.08mg (3.77%), Vitamin B1: 0.06mg (3.71%), Phosphorus: 29.9mg (2.99%), Copper: 0.06mg (2.91%), Vitamin B5: 0.24mg (2.45%), Iron: 0.37mg (2.08%), Zinc: 0.18mg (1.21%)