



Chunky Coconut, Tomato, Cucumber and Lime Relish



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



12 min.

SERVINGS



4

CALORIES



70 kcal

SIDE DISH

Ingredients



16 cherry tomatoes roughly chopped quartered



0.5 coconut or fresh grated shaved



6 inches cucumber seeds removed and roughly chopped



1 small handful basil roughly chopped



1 juice of lime juiced



1 tablespoon olive oil



1 chili red thinly sliced

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4 servings salt and pepper black freshly ground

Equipment

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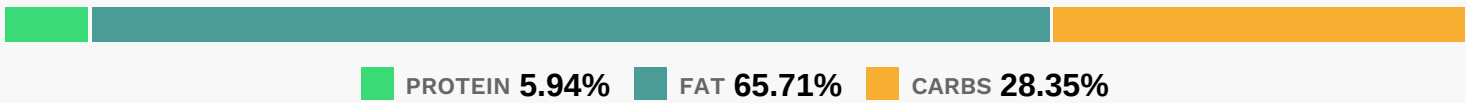
bowl

Directions

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Put the tomatoes, coconut, basil, cucumbers and chili, if using, into a bowl and toss. Just before serving, toss in the olive oil, salt, pepper and lime juice to taste.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:0.43, Inflammation Score:-5, Nutrition Score:5.4086956096732%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 70.29kcal (3.51%), Fat: 5.53g (8.5%), Saturated Fat: 2.17g (13.57%), Carbohydrates: 5.36g (1.79%), Net Carbohydrates: 4.12g (1.5%), Sugar: 2.82g (3.13%), Cholesterol: 0mg (0%), Sodium: 9.95mg (0.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.25%), Vitamin C: 34.32mg (41.6%), Manganese: 0.2mg (9.97%), Vitamin A: 473.04IU (9.46%), Vitamin K: 8.16µg (7.77%), Vitamin E: 1mg (6.66%), Potassium: 221.29mg (6.32%), Vitamin B6: 0.12mg (5.98%), Fiber: 1.24g (4.96%), Copper: 0.1mg (4.9%), Iron: 0.78mg (4.31%), Folate: 14.53µg (3.63%), Phosphorus: 32.52mg (3.25%), Magnesium: 12.06mg (3.01%), Vitamin B3: 0.55mg (2.75%), Vitamin B1: 0.04mg (2.64%), Vitamin B2: 0.03mg (1.67%), Vitamin B5: 0.15mg (1.48%), Selenium: 0.98µg (1.4%), Zinc: 0.2mg (1.36%), Calcium: 12.79mg (1.28%)