



Cucumber-and-Charred Red Onion Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



95 kcal

SIDE DISH

Ingredients

- ☐ 6 cups cucumber peeled seeded chopped
- ☐ 0.5 cup parsley fresh chopped
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 1 garlic clove finely grated
- ☐ 4 teaspoons kosher salt divided
- ☐ 2.5 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup oregano fresh chopped

- ☐ 2 medium size onion red cut into 1/4-inch slices
- ☐ 1.3 teaspoons pepper dried red crushed
- ☐ 0.3 cup sherry vinegar
- ☐ 1 tablespoon sugar

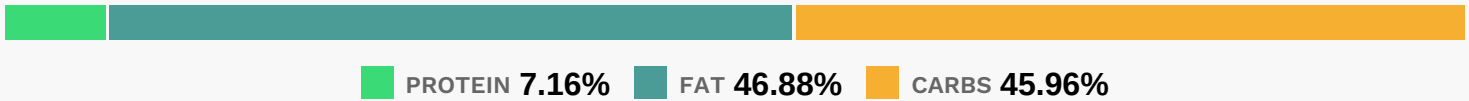
Equipment

- ☐ grill
- ☐ colander

Directions

- ☐ Toss together cucumbers and 3 tsp. salt; drain cucumber mixture in a colander 30 minutes.
- ☐ Meanwhile, preheat grill to 350 to 400 (medium-high) heat.
- ☐ Brush onions with olive oil, and sprinkle with remaining 1 tsp. salt. Grill onions 3 to 4 minutes on each side or until charred and tender. Cool 10 minutes.
- ☐ Stir together cucumbers, onions, garlic, and remaining ingredients.
- ☐ Let stand 30 minutes.

Nutrition Facts



Properties

Glycemic Index:29.85, Glycemic Load:2.57, Inflammation Score:-9, Nutrition Score:11.350434746431%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 10.98mg, Apigenin: 10.98mg, Apigenin: 10.98mg, Apigenin: 10.98mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 7.49mg, Quercetin: 7.49mg, Quercetin: 7.49mg, Quercetin: 7.49mg

Nutrients (% of daily need)

Calories: 95.12kcal (4.76%), Fat: 5.16g (7.94%), Saturated Fat: 0.74g (4.6%), Carbohydrates: 11.38g (3.79%), Net Carbohydrates: 8.34g (3.03%), Sugar: 5.7g (6.34%), Cholesterol: 0mg (0%), Sodium: 1567.07mg (68.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.54%), Vitamin K: 107.41µg (102.3%), Vitamin C: 17.5mg (21.21%), Vitamin A: 834.97IU (16.7%), Manganese: 0.32mg (16.13%), Fiber: 3.04g (12.17%), Folate: 43.58µg (10.9%), Iron: 1.79mg (9.95%), Potassium: 330.8mg (9.45%), Vitamin E: 1.29mg (8.6%), Magnesium: 32.22mg (8.05%), Vitamin B6: 0.16mg (7.99%), Calcium: 79.48mg (7.95%), Copper: 0.15mg (7.53%), Phosphorus: 50.74mg (5.07%), Vitamin B1: 0.07mg (4.84%), Vitamin B2: 0.07mg (4.37%), Vitamin B5: 0.43mg (4.3%), Zinc: 0.47mg (3.15%), Vitamin B3: 0.37mg (1.86%)