



Cucumber-Horseradish Relish



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



7 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup cucumber finely chopped
- ☐ 2 teaspoons optional: dill fresh chopped
- ☐ 2 teaspoons horseradish prepared
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.1 teaspoon salt
- ☐ 2 teaspoons sugar

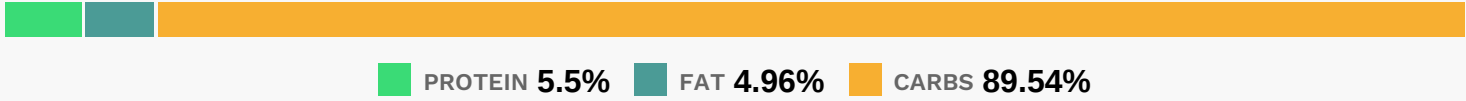
Equipment

- ☐ bowl

Directions

☐ Combine all ingredients in a small bowl. Cover and chill 2 hours.

Nutrition Facts



Properties

Glycemic Index:16.89, Glycemic Load:0.76, Inflammation Score:-1, Nutrition Score:0.43782609004689%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 6.78kcal (0.34%), Fat: 0.04g (0.06%), Saturated Fat: Og (0.03%), Carbohydrates: 1.67g (0.56%), Net Carbohydrates: 1.53g (0.56%), Sugar: 1.36g (1.52%), Cholesterol: Omg (0%), Sodium: 41.9mg (1.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.2%), Vitamin C: 2.18mg (2.65%)