



Curried Pepper Relish



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons capers chopped
- ☐ 0.5 to 1 chile whole red minced
- ☐ 1 teaspoon curry powder
- ☐ 1 small garlic clove minced
- ☐ 1 small bell pepper green cut into small dice
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 teaspoon lime zest finely grated
- ☐ 0.3 cup mayonnaise

- ☐ 1.5 tablespoons olive oil
- ☐ 0.5 small onion diced finely
- ☐ 6 servings salt and pepper freshly ground
- ☐ 1 bell pepper yellow cut into small dice

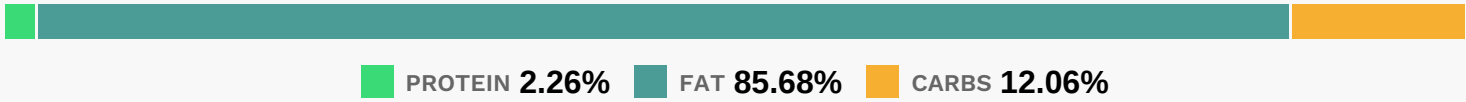
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a small dry skillet, toast the curry powder over moderate heat, stirring, until fragrant, about 30 seconds.
- ☐ Add the olive oil and remove from the heat.
- ☐ Combine all the remaining ingredients in a bowl. Scrape the curry oil into the relish and stir it in.

Nutrition Facts



Properties

Glycemic Index:33.17, Glycemic Load:0.36, Inflammation Score:-4, Nutrition Score:5.3704348073705%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 108.69kcal (5.43%), Fat: 10.62g (16.34%), Saturated Fat: 1.6g (10.01%), Carbohydrates: 3.37g (1.12%), Net Carbohydrates: 2.67g (0.97%), Sugar: 0.86g (0.95%), Cholesterol: 3.92mg (1.31%), Sodium: 273.23mg (11.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Vitamin C: 53.13mg (64.4%), Vitamin K: 19.3µg

(18.38%), Vitamin E: 0.97mg (6.45%), Vitamin B6: 0.1mg (4.94%), Manganese: 0.08mg (3.88%), Fiber: 0.7g (2.79%), Potassium: 96.59mg (2.76%), Vitamin A: 132.73IU (2.65%), Folate: 9.77µg (2.44%), Copper: 0.05mg (2.29%), Iron: 0.35mg (1.92%), Magnesium: 6.55mg (1.64%), Vitamin B3: 0.31mg (1.56%), Phosphorus: 14.85mg (1.49%), Vitamin B1: 0.02mg (1.43%), Vitamin B2: 0.02mg (1.05%)