



## Field Pea Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



233 kcal

SIDE DISH

### Ingredients

- 0.3 cup canola oil
- 3 tablespoons cilantro leaves fresh chopped
- 1 garlic clove pressed
- 3 tablespoons jalapeno minced
- 0.3 cup juice of lime fresh
- 3 cups peas fresh assorted cooked
- 0.5 cup bell pepper diced red
- 0.5 cup onion diced red

0.3 teaspoon salt

## Equipment

bowl

whisk

## Directions

Whisk together canola oil, lime juice, cilantro, minced Candied Jalapeos, garlic, and salt in a large bowl.

Add field peas, onion, and bell pepper, tossing to coat. Cover and chill 12 hours, stirring occasionally.

## Nutrition Facts



**PROTEIN 10.83%** **FAT 54.44%** **CARBS 34.73%**

## Properties

Glycemic Index:49.33, Glycemic Load:5.05, Inflammation Score:-9, Nutrition Score:17.662608582041%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg

## Nutrients (% of daily need)

Calories: 232.92kcal (11.65%), Fat: 14.57g (22.41%), Saturated Fat: 1.14g (7.12%), Carbohydrates: 20.92g (6.97%), Net Carbohydrates: 13.59g (4.94%), Sugar: 8.53g (9.47%), Cholesterol: 0mg (0%), Sodium: 153.23mg (6.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.52g (13.04%), Vitamin C: 87.01mg (105.47%), Vitamin K: 41.06µg (39.1%), Vitamin A: 1564.64IU (31.29%), Fiber: 7.33g (29.32%), Manganese: 0.52mg (26.02%), Vitamin E: 3.33mg (22.23%), Folate: 87.81µg (21.95%), Vitamin B1: 0.32mg (21.23%), Vitamin B6: 0.32mg (16.23%), Phosphorus: 134.43mg (13.44%), Vitamin B3: 2.65mg (13.26%), Potassium: 384.05mg (10.97%), Magnesium: 43.29mg (10.82%), Copper: 0.21mg (10.73%), Vitamin B2: 0.18mg (10.37%), Iron: 1.78mg (9.9%), Zinc: 1.47mg (9.78%), Calcium: 38.21mg

(3.82%), Selenium: 2.25µg (3.21%), Vitamin B5: 0.26mg (2.57%)