



Grilled Onion Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



107 kcal

SIDE DISH

Ingredients

- 2 large onion sweet cut into 1/4-inch slices
- 1 serving canola oil
- 1 serving salt and pepper to taste (coarse or sea)
- 0.3 cup spring onion sliced
- 1 jalapeno seeded finely chopped
- 2 tablespoons olive oil extra virgin extra-virgin
- 3 tablespoons balsamic vinegar
- 0.5 teaspoon ground cumin

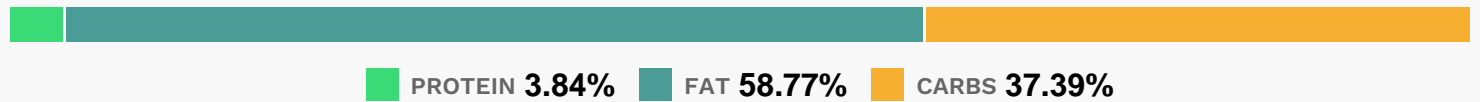
Equipment

- bowl
- grill
- cutting board

Directions

- Heat gas or charcoal grill.
- Brush both sides of sweet onion slices with oil; sprinkle with salt and pepper.
- Place onions on grill over medium heat. Cook uncovered, turning occasionally, until charred and softened.
- Remove onions from grill to cutting board; coarsely chop.
- In medium bowl, mix sweet onions, green onions, jalapeño, oil, vinegar and cumin. Season with salt and pepper.
- Serve relish at room temperature or chilled.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:0.77, Inflammation Score:-5, Nutrition Score:3.8452174041582%

Flavonoids

Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg Quercetin: 16.58mg, Quercetin: 16.58mg, Quercetin: 16.58mg, Quercetin: 16.58mg

Nutrients (% of daily need)

Calories: 106.86kcal (5.34%), Fat: 7.14g (10.99%), Saturated Fat: 0.82g (5.14%), Carbohydrates: 10.22g (3.41%), Net Carbohydrates: 9.04g (3.29%), Sugar: 6.93g (7.7%), Cholesterol: 0mg (0%), Sodium: 44.08mg (1.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.1%), Vitamin K: 13.87µg (13.21%), Vitamin C: 8.86mg (10.74%), Vitamin E: 1.21mg (8.1%), Vitamin B6: 0.16mg (7.82%), Folate: 28.69µg (7.17%), Manganese: 0.11mg (5.45%), Fiber:

1.18g (4.74%), Potassium: 160.58mg (4.59%), Copper: 0.07mg (3.49%), Phosphorus: 34.29mg (3.43%), Vitamin B1: 0.05mg (3.3%), Magnesium: 12.68mg (3.17%), Iron: 0.55mg (3.05%), Calcium: 29.13mg (2.91%), Vitamin B2: 0.03mg (1.62%), Vitamin A: 69.92IU (1.4%), Vitamin B5: 0.12mg (1.19%), Zinc: 0.18mg (1.18%), Vitamin B3: 0.21mg (1.03%)