



## Fresca Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



67 kcal

SIDE DISH

### Ingredients

- 8 baby carrots
- 4 broccoli florets
- 5 cherry tomatoes
- 1 cucumber coarsely chopped
- 3 cloves garlic
- 1 large bell pepper green stemmed seeded
- 1 teaspoon ground pepper black
- 1 teaspoon kosher salt

- 1 tablespoon juice from pepperoncini peppers jarred
- 6 small radishes
- 1 large onion sweet coarsely chopped
- 2 tablespoons balsamic vinaigrette salad dressing

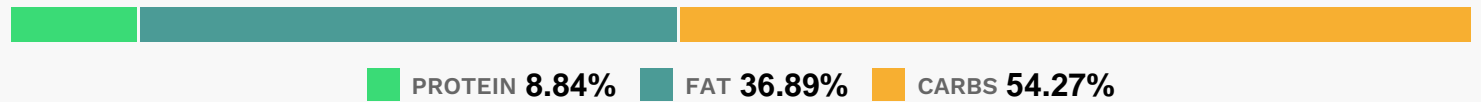
## Equipment

- food processor

## Directions

- Place onion, carrots, green bell pepper, cucumber, radishes, broccoli, cherry tomatoes, garlic, vinaigrette, pepperoncini juice, salt, and pepper in a food processor; pulse until evenly chopped. Refrigerate until flavors blend, at least 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:25.17, Glycemic Load:0.48, Inflammation Score:-9, Nutrition Score:8.7856522539388%

## Flavonoids

Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 8.98mg, Quercetin: 8.98mg, Quercetin: 8.98mg, Quercetin: 8.98mg

## Nutrients (% of daily need)

Calories: 66.83kcal (3.34%), Fat: 2.93g (4.51%), Saturated Fat: 0.53g (3.31%), Carbohydrates: 9.71g (3.24%), Net Carbohydrates: 7.49g (2.72%), Sugar: 5.46g (6.07%), Cholesterol: 0mg (0%), Sodium: 409.67mg (17.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.17%), Vitamin C: 39.14mg (47.45%), Vitamin A: 2101.79IU (42.04%), Vitamin K: 21.02µg (20.02%), Manganese: 0.23mg (11.73%), Vitamin B6: 0.23mg (11.31%), Fiber: 2.22g (8.88%), Folate: 33.8µg (8.45%), Potassium: 289.06mg (8.26%), Copper: 0.12mg (6.23%), Vitamin B1: 0.07mg (4.91%), Magnesium: 19.42mg (4.86%), Phosphorus: 47.41mg (4.74%), Iron: 0.69mg (3.86%), Vitamin E: 0.53mg (3.54%), Calcium: 35.31mg (3.53%), Vitamin B5: 0.34mg (3.38%), Vitamin B2: 0.05mg (3.06%), Vitamin B3: 0.47mg (2.35%), Zinc: 0.3mg (1.99%), Selenium: 1.04µg (1.48%)