



Grape Tomato Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



59 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 12 cloves garlic peeled
- ☐ 1 pint grape tomatoes red
- ☐ 1 pint grape tomatoes yellow
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup marjoram leaves fresh
- ☐ 0.5 cup olive oil
- ☐ 1 small onion red cut into 1/2-inch wedges

☐ 0.3 cup red wine vinegar

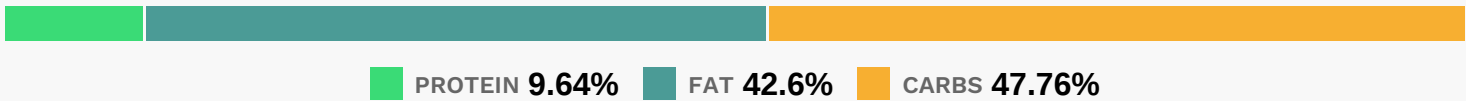
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 400 F. Line 2 shallow roasting pans with parchment paper or foil. Arrange the tomatoes in one pan and the onion and garlic in the other.
- ☐ Drizzle both with the oil and vinegar, season with the salt and pepper, and toss to coat. Roast until the tomatoes split (20 minutes) and the onion and garlic have softened (25 minutes).
- ☐ Transfer the tomatoes, onion, garlic, and some of the juices to a bowl. Adjust seasoning, if desired.
- ☐ Add the herb and toss.
- ☐ Let cool. Cover and refrigerate for at least 3 hours.
- ☐ Serve cold or at room temperature.

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:1.93, Inflammation Score:-7, Nutrition Score:6.5573912599812%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 1.76mg, Apigenin: 1.76mg, Apigenin: 1.76mg, Apigenin: 1.76mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 59.39kcal (2.97%), Fat: 2.98g (4.59%), Saturated Fat: 0.42g (2.61%), Carbohydrates: 7.53g (2.51%), Net Carbohydrates: 5.72g (2.08%), Sugar: 3.75g (4.16%), Cholesterol: 0mg (0%), Sodium: 299.05mg (13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.04%), Vitamin C: 19.75mg (23.93%), Vitamin K: 24.63µg (23.46%), Vitamin A: 1055.2IU (21.1%), Manganese: 0.25mg (12.46%), Potassium: 327.64mg (9.36%), Vitamin B6: 0.17mg (8.4%), Fiber: 1.81g (7.22%), Vitamin E: 1.04mg (6.94%), Folate: 21.75µg (5.44%), Copper: 0.09mg (4.62%), Magnesium: 16.44mg (4.11%), Phosphorus: 40.53mg (4.05%), Vitamin B1: 0.06mg (4%), Vitamin B3: 0.76mg (3.81%), Iron: 0.54mg (2.99%), Calcium: 25.47mg (2.55%), Zinc: 0.29mg (1.93%), Vitamin B2: 0.03mg (1.89%), Vitamin B5: 0.15mg (1.54%), Selenium: 0.72µg (1.02%)