



Homemade Quick Pickle Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



60 kcal

SIDE DISH

Ingredients

- 1 cup dill pickles diced
- 1 tablespoon optional: dill fresh chopped
- 0.3 cup mustard sweet hot (or mustard)
- 1 tablespoon juice of 1 mandarin (cut crosswise then tablespoon into jar over a strainer)

Equipment

Nutrition Facts



■ PROTEIN 20.03% ■ FAT 36.69% ■ CARBS 43.28%

Properties

Glycemic Index:47, Glycemic Load:0.2, Inflammation Score:-4, Nutrition Score:8.1639130434783%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 59.52kcal (2.98%), Fat: 2.72g (4.19%), Saturated Fat: 0.27g (1.69%), Carbohydrates: 7.23g (2.41%), Net Carbohydrates: 3.11g (1.13%), Sugar: 2.71g (3.02%), Cholesterol: 0mg (0%), Sodium: 2062.24mg (89.66%), Protein: 3.35g (6.69%), Selenium: 21.17µg (30.24%), Vitamin K: 24.96µg (23.77%), Manganese: 0.33mg (16.59%), Fiber: 4.12g (16.46%), Vitamin B1: 0.19mg (12.34%), Calcium: 117.27mg (11.73%), Magnesium: 40.11mg (10.03%), Phosphorus: 90.37mg (9.04%), Iron: 1.35mg (7.47%), Potassium: 256.49mg (7.33%), Vitamin B2: 0.12mg (7.28%), Vitamin A: 336.76IU (6.74%), Vitamin B6: 0.09mg (4.62%), Vitamin C: 3.59mg (4.35%), Copper: 0.08mg (4.19%), Folate: 16.4µg (4.1%), Zinc: 0.56mg (3.73%), Vitamin E: 0.39mg (2.6%), Vitamin B5: 0.26mg (2.6%), Vitamin B3: 0.51mg (2.56%)