



Kumquat-Red Pepper Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

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READY IN

ready

45 min.

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SERVINGS

servings

3

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CALORIES

calories

34 kcal

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SIDE DISH

Ingredients



1 garlic clove



0.8 teaspoon ground cumin



4 preserved kumquats with 3 to 4 capers



0.3 teaspoon pepper



7 oz roasted peppers red peeled

Equipment

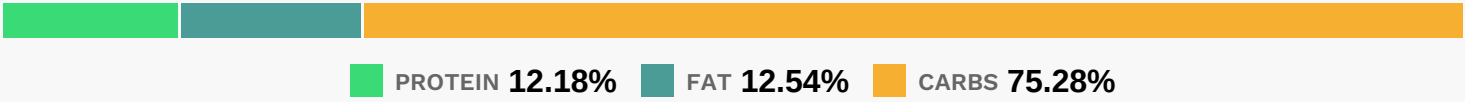


bowl

Directions

- ☐ Rinse kumquats and capers. Coarsely chop kumquats, discarding seeds.
- ☐ Drain and chop red peppers. Mince garlic. In a bowl, mix kumquats and capers with peppers, garlic, cumin, and pepper.
- ☐ Serve, or cover and chill up to 2 days.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:0.12, Inflammation Score:-5, Nutrition Score:5.5999999253646%

Flavonoids

Naringenin: 14.54mg, Naringenin: 14.54mg, Naringenin: 14.54mg, Naringenin: 14.54mg Apigenin: 5.54mg, Apigenin: 5.54mg, Apigenin: 5.54mg, Apigenin: 5.54mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 33.68kcal (1.68%), Fat: 0.54g (0.83%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 7.27g (2.42%), Net Carbohydrates: 4.71g (1.71%), Sugar: 2.39g (2.66%), Cholesterol: 0mg (0%), Sodium: 909.16mg (39.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.35%), Vitamin C: 42.23mg (51.19%), Fiber: 2.56g (10.22%), Manganese: 0.19mg (9.73%), Vitamin A: 424.79IU (8.5%), Vitamin B6: 0.14mg (7.1%), Iron: 1.11mg (6.18%), Copper: 0.12mg (5.98%), Calcium: 50.03mg (5%), Potassium: 158.86mg (4.54%), Folate: 15µg (3.75%), Magnesium: 14.71mg (3.68%), Vitamin B2: 0.05mg (2.69%), Vitamin B3: 0.5mg (2.52%), Phosphorus: 22.33mg (2.23%), Vitamin B1: 0.03mg (2.08%), Zinc: 0.2mg (1.33%)