



 **5%**
HEALTH SCORE

Minted Onion Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



57 kcal

SIDE DISH

Ingredients

- 2 tablespoons mint leaves fresh chopped
- 1 cup mint leaves fresh loosely packed
- 4 oz pimientos diced drained
- 0.5 teaspoon salt
- 0.3 cup sugar
- 2 large onion sweet separated thinly sliced
- 2 cups vinegar white

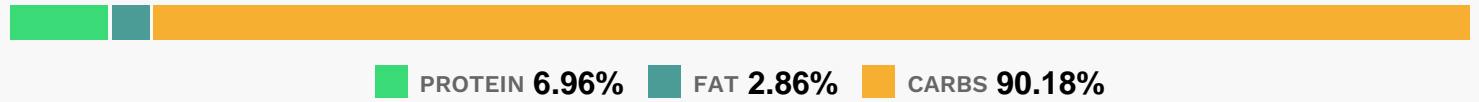
Equipment

- bowl
- sieve
- dutch oven

Directions

- Cook first 4 ingredients in a Dutch oven over low heat, stirring occasionally, until sugar dissolves. Increase heat to medium, and cook 10 minutes.
- Pour mixture through a wire-mesh strainer into a bowl, discarding mint sprigs. Return vinegar mixture to Dutch oven, and bring to a boil.
- Add onion rings; bring to a boil, and boil 1 minute.
- Remove onion mixture from heat, and stir in diced pimiento. Cool 30 minutes.
- Stir 2 Tbsp. chopped mint into onion mixture; cover and chill at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:16.51, Glycemic Load:3.7, Inflammation Score:-6, Nutrition Score:3.7360869982968%

Flavonoids

Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 1.7mg, Eriodictyol: 1.7mg, Eriodictyol: 1.7mg, Eriodictyol: 1.7mg Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 9.61mg, Quercetin: 9.61mg, Quercetin: 9.61mg, Quercetin: 9.61mg

Nutrients (% of daily need)

Calories: 56.64kcal (2.83%), Fat: 0.16g (0.25%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 11.53g (3.84%), Net Carbohydrates: 10.23g (3.72%), Sugar: 8.71g (9.68%), Cholesterol: 0mg (0%), Sodium: 126.27mg (5.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.78%), Vitamin C: 16.72mg (20.27%), Vitamin A: 535.37IU (10.71%), Manganese: 0.15mg (7.7%), Vitamin B6: 0.12mg (6.15%), Folate: 22.29µg (5.57%), Fiber: 1.3g (5.19%), Iron: 0.7mg (3.91%), Potassium: 133.1mg (3.8%), Copper: 0.07mg (3.27%), Calcium: 30.58mg (3.06%), Magnesium: 11.66mg (2.92%), Phosphorus: 26.31mg (2.63%), Vitamin B1: 0.03mg (2.27%), Vitamin B2: 0.04mg (2.18%), Vitamin B3:

0.27mg (1.34%), Vitamin K: 1.36µg (1.29%), Zinc: 0.18mg (1.19%)