



Nectarine and Red Onion Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



87 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 2 garlic cloves minced
- ☐ 2 jalapeño peppers minced seeded
- ☐ 2 tablespoons juice of lime fresh
- ☐ 3 medium nectarines seeded coarsely chopped
- ☐ 0.3 cup orange juice
- ☐ 0.5 teaspoon orange rind grated
- ☐ 1 large bell pepper red seeded coarsely chopped

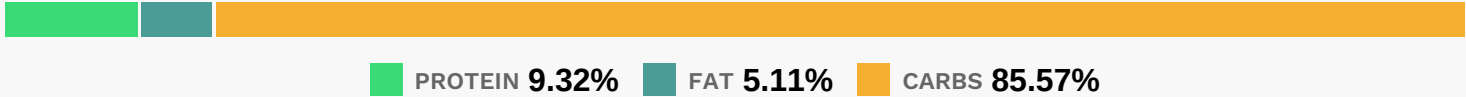
- ☐ 1 medium size onion red coarsely chopped
- ☐ 0.1 teaspoon salt
- ☐ 2 teaspoons sugar
- ☐ 0.3 cup citrus champagne vinegar

Equipment

Directions

- ☐ Stir together all ingredients. Cover and chill 2 hours.

Nutrition Facts



Properties

Glycemic Index:89.02, Glycemic Load:7.05, Inflammation Score:-9, Nutrition Score:11.239565318045%

Flavonoids

Cyanidin: 2.27mg, Cyanidin: 2.27mg, Cyanidin: 2.27mg, Cyanidin: 2.27mg Catechin: 3.17mg, Catechin: 3.17mg, Catechin: 3.17mg, Catechin: 3.17mg Epicatechin: 2.71mg, Epicatechin: 2.71mg, Epicatechin: 2.71mg, Epicatechin: 2.71mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 2.53mg, Hesperetin: 2.53mg, Hesperetin: 2.53mg, Hesperetin: 2.53mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.87mg, Quercetin: 6.87mg, Quercetin: 6.87mg, Quercetin: 6.87mg

Nutrients (% of daily need)

Calories: 87.44kcal (4.37%), Fat: 0.53g (0.82%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 20.15g (6.72%), Net Carbohydrates: 16.88g (6.14%), Sugar: 15.02g (16.69%), Cholesterol: 0mg (0%), Sodium: 91.31mg (3.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.39%), Vitamin C: 77.06mg (93.4%), Vitamin A: 1828.36IU (36.57%), Fiber: 3.27g (13.06%), Vitamin B6: 0.24mg (11.93%), Vitamin K: 11.85µg (11.29%), Vitamin E: 1.59mg (10.6%), Manganese: 0.2mg (9.93%), Folate: 38.9µg (9.73%), Potassium: 340.16mg (9.72%), Vitamin B3: 1.81mg (9.07%), Copper: 0.13mg (6.46%), Vitamin B1: 0.09mg (6.23%), Magnesium: 22.6mg (5.65%), Phosphorus: 56.21mg (5.62%), Vitamin B2: 0.09mg (5.01%), Vitamin B5: 0.43mg (4.35%), Iron: 0.75mg (4.18%), Zinc: 0.43mg (2.88%), Calcium: 21.65mg (2.17%)