



Onion and Cilantro Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



30 kcal

SIDE DISH

Ingredients

- ☐ 1 handful cilantro leaves chopped ()
- ☐ 1 bunch green onions sliced (, optional)
- ☐ 0.5 juice of lime (juice)
- ☐ 1 onion sweet chopped ()

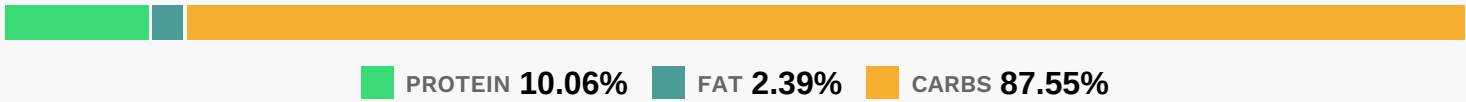
Equipment

Directions

☐

Mix everything.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.09, Inflammation Score:-4, Nutrition Score:2.9508695317351%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 13.2mg, Quercetin: 13.2mg, Quercetin: 13.2mg, Quercetin: 13.2mg

Nutrients (% of daily need)

Calories: 29.57kcal (1.48%), Fat: 0.09g (0.13%), Saturated Fat: 0g (0.01%), Carbohydrates: 7.04g (2.35%), Net Carbohydrates: 6.1g (2.22%), Sugar: 4.37g (4.85%), Cholesterol: 0mg (0%), Sodium: 8.11mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.62%), Vitamin K: 15.79µg (15.04%), Vitamin C: 6.49mg (7.87%), Folate: 23.87µg (5.97%), Vitamin B6: 0.11mg (5.71%), Manganese: 0.08mg (3.87%), Fiber: 0.94g (3.78%), Potassium: 124.63mg (3.56%), Copper: 0.05mg (2.73%), Vitamin A: 130IU (2.6%), Vitamin B1: 0.04mg (2.59%), Phosphorus: 25.57mg (2.56%), Magnesium: 9.21mg (2.3%), Calcium: 22.07mg (2.21%), Iron: 0.32mg (1.81%), Vitamin B2: 0.02mg (1.38%)