

Onion Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



38 kcal

SIDE DISH

Ingredients

- ☐ 1 to 2 chillies slit green hot seeded coarsely chopped
- ☐ 1 teaspoon ground pepper red
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 3 onion chopped
- ☐ 0.3 teaspoon salt

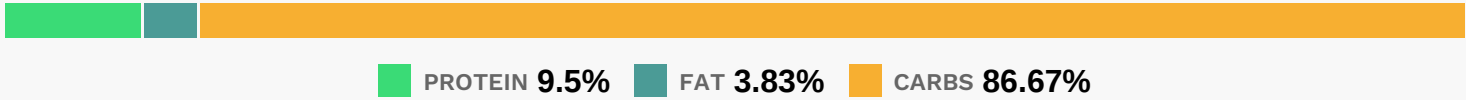
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients in a large bowl.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:1.75, Inflammation Score:-5, Nutrition Score:2.6669565102328%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 16.76mg, Quercetin: 16.76mg, Quercetin: 16.76mg, Quercetin: 16.76mg

Nutrients (% of daily need)

Calories: 38.18kcal (1.91%), Fat: 0.17g (0.27%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 8.91g (2.97%), Net Carbohydrates: 6.99g (2.54%), Sugar: 3.99g (4.43%), Cholesterol: 0mg (0%), Sodium: 186.28mg (8.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.95%), Vitamin C: 8.8mg (10.67%), Fiber: 1.92g (7.67%), Manganese: 0.12mg (5.86%), Vitamin B6: 0.11mg (5.62%), Vitamin A: 209.85IU (4.2%), Folate: 16.7µg (4.18%), Potassium: 133.13mg (3.8%), Vitamin B1: 0.04mg (2.68%), Phosphorus: 25.59mg (2.56%), Magnesium: 9.16mg (2.29%), Calcium: 19.95mg (2%), Copper: 0.03mg (1.73%), Vitamin B2: 0.03mg (1.6%), Iron: 0.22mg (1.2%), Vitamin E: 0.17mg (1.13%), Vitamin B5: 0.1mg (1.05%), Zinc: 0.15mg (1.03%)