



## Orange-Olive Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



35 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon pepper black
- 2 tablespoons cilantro leaves fresh chopped
- 0.1 teaspoon ground pepper red
- 1.5 tablespoons juice of lime fresh ( 1 lime)
- 0.3 cup olives ripe chopped
- 1 tablespoon orange juice fresh ( )
- 1 teaspoon orange rind grated
- 1.5 cups oranges coarsely chopped ( 2)

- 3 tablespoons onion red chopped
- 0.3 teaspoon salt
- 0.3 teaspoon sugar

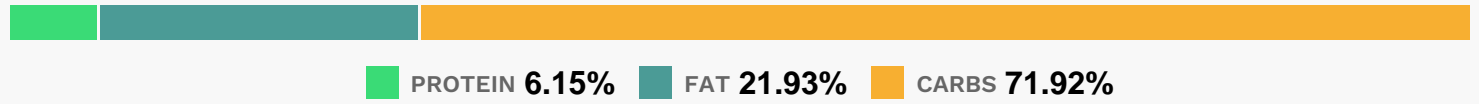
## Equipment

- bowl

## Directions

- Combine all ingredients in a bowl. Cover and chill 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:47.93, Glycemic Load:2.18, Inflammation Score:-3, Nutrition Score:3.0500000171039%

## Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 12.94mg, Hesperetin: 12.94mg, Hesperetin: 12.94mg, Hesperetin: 12.94mg Naringenin: 6.97mg, Naringenin: 6.97mg, Naringenin: 6.97mg, Naringenin: 6.97mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

## Nutrients (% of daily need)

Calories: 34.86kcal (1.74%), Fat: 0.94g (1.45%), Saturated Fat: 0.13g (0.79%), Carbohydrates: 6.93g (2.31%), Net Carbohydrates: 5.49g (2%), Sugar: 4.92g (5.47%), Cholesterol: 0mg (0%), Sodium: 185.05mg (8.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.19%), Vitamin C: 27.37mg (33.18%), Fiber: 1.44g (5.77%), Folate: 16.08µg (4.02%), Vitamin A: 159.19IU (3.18%), Vitamin B1: 0.05mg (3.12%), Potassium: 104.54mg (2.99%), Calcium: 24.03mg (2.4%), Vitamin E: 0.32mg (2.15%), Vitamin B6: 0.04mg (1.97%), Copper: 0.03mg (1.66%), Magnesium: 6.55mg (1.64%), Manganese: 0.03mg (1.55%), Vitamin B5: 0.13mg (1.33%), Vitamin B2: 0.02mg (1.31%)