



Pear Relish



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



46 kcal

SIDE DISH

Ingredients



2 cups anjou pear red chopped



1.5 tablespoons chives fresh chopped



1.5 teaspoons flat-leaf parsley fresh chopped



0.3 cup olives green sliced



0.1 teaspoon ground pepper red



1 tablespoon honey



0.3 cup kumquats sliced



2 tablespoons juice of lemon fresh

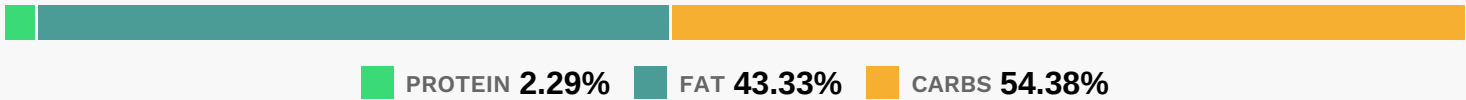
- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons shallots thinly sliced

Equipment

Directions

- ☐ Combine pear, kumquat, lemon juice, and honey; let stand 10 minutes.
- ☐ Add olives, shallots, and remaining ingredients; toss.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:2.05, Inflammation Score:-1, Nutrition Score:1.2830434908038%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 1.01mg, Epicatechin: 1.01mg, Epicatechin: 1.01mg, Epicatechin: 1.01mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg 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: 1.84mg, Naringenin: 1.84mg, Naringenin: 1.84mg, Naringenin: 1.84mg Apigenin: 0.71mg, Apigenin: 0.71mg, Apigenin: 0.71mg, Apigenin: 0.71mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 46.28kcal (2.31%), Fat: 2.4g (3.7%), Saturated Fat: 0.33g (2.06%), Carbohydrates: 6.79g (2.26%), Net Carbohydrates: 5.52g (2.01%), Sugar: 4.64g (5.15%), Cholesterol: 0mg (0%), Sodium: 107.98mg (4.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.57%), Fiber: 1.27g (5.06%), Vitamin C: 3.96mg (4.8%), Vitamin K: 3.33µg (3.17%), Vitamin E: 0.44mg (2.96%), Copper: 0.03mg (1.67%), Potassium: 52mg (1.49%), Manganese: 0.03mg (1.4%), Vitamin A: 56.84IU (1.14%), Folate: 4.34µg (1.09%), Vitamin B6: 0.02mg (1.07%)