



Pepper-Pear Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



128 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon pepper black
- 0.5 cup firmly brown sugar packed
- 0.1 teaspoon pepper red crushed
- 1 teaspoon jalapeno minced seeded
- 0.3 cup onion fresh minced
- 3 cups pears peeled chopped (3 medium)
- 0.5 cup bell pepper red chopped
- 0.8 cup rice vinegar

Equipment

sauce pan

Directions

Combine first 7 ingredients in a large saucepan, and bring to a boil. Reduce heat to medium, and cook vinegar mixture 10 minutes, stirring occasionally. Stir in pear. Partially cover, reduce heat to low, and simmer 45 minutes or until most of liquid evaporates.

Serve relish warm with chicken or pork.

Nutrition Facts

PROTEIN 1.61% **FAT 1.15%** **CARBS 97.24%**

Properties

Glycemic Index:34.96, Glycemic Load:3.89, Inflammation Score:-4, Nutrition Score:3.8852174126584%

Flavonoids

Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 127.65kcal (6.38%), Fat: 0.17g (0.26%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 31.71g (10.57%), Net Carbohydrates: 28.79g (10.47%), Sugar: 26.49g (29.43%), Cholesterol: 0mg (0%), Sodium: 8.06mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.05%), Vitamin C: 20.84mg (25.26%), Fiber: 2.92g (11.67%), Vitamin A: 430.59IU (8.61%), Manganese: 0.1mg (4.86%), Potassium: 157.77mg (4.51%), Vitamin K: 4.44µg (4.23%), Copper: 0.08mg (4.13%), Vitamin B6: 0.08mg (3.97%), Folate: 13.04µg (3.26%), Calcium: 27.2mg (2.72%), Magnesium: 10.02mg (2.5%), Vitamin E: 0.34mg (2.27%), Iron: 0.37mg (2.03%), Vitamin B2: 0.03mg (2.02%), Phosphorus: 17.24mg (1.72%), Vitamin B3: 0.29mg (1.48%), Vitamin B1: 0.02mg (1.33%), Vitamin B5: 0.11mg (1.15%)