



Pineapple-Mint Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



71 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 0.5 cup bell pepper green finely chopped
- ☐ 2 teaspoons lemon zest grated
- ☐ 0.5 large pineapple cored peeled cut into 1/4-inch pieces (3 cups)
- ☐ 0.5 cup onion red finely chopped

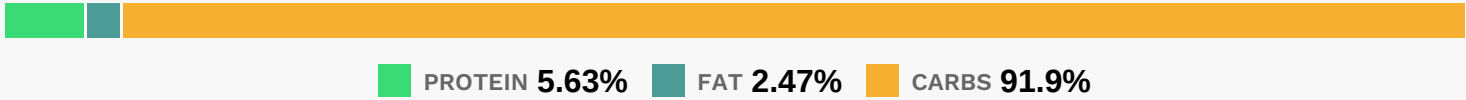
Equipment

- ☐ bowl

Directions

☐ Stir all ingredients in large bowl to blend. Season to taste with salt and pepper. (Can be made 1 day ahead. Cover; chill.)

Nutrition Facts



Properties

Glycemic Index:23.92, Glycemic Load:8.23, Inflammation Score:-5, Nutrition Score:9.8243477318598%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 1.25mg, Luteolin: 1.25mg, Luteolin: 1.25mg, Luteolin: 1.25mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg

Nutrients (% of daily need)

Calories: 70.73kcal (3.54%), Fat: 0.22g (0.33%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 18.13g (6.04%), Net Carbohydrates: 15.56g (5.66%), Sugar: 12.48g (13.87%), Cholesterol: 0mg (0%), Sodium: 3.42mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.22%), Vitamin C: 72.71mg (88.14%), Manganese: 1.13mg (56.51%), Fiber: 2.57g (10.29%), Vitamin B6: 0.2mg (9.89%), Copper: 0.15mg (7.74%), Vitamin B1: 0.11mg (7.47%), Folate: 29.36µg (7.34%), Potassium: 202.7mg (5.79%), Vitamin A: 254.9IU (5.1%), Magnesium: 19.84mg (4.96%), Vitamin B3: 0.73mg (3.65%), Iron: 0.58mg (3.25%), Vitamin B2: 0.06mg (3.24%), Vitamin B5: 0.3mg (2.97%), Calcium: 29.34mg (2.93%), Vitamin K: 2.25µg (2.14%), Phosphorus: 20.75mg (2.07%), Zinc: 0.23mg (1.52%)