



Pineapple-Pepper Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



30 kcal

SIDE DISH

Ingredients

- 2 tablespoons peppercorns green canned rinsed drained
- 0.3 cup juice of lime
- 3.5 cups pineapple coarsely chopped
- 0.8 cup onion red chopped
- 12 servings salt


Equipment

- bowl

Directions

In a bowl, combine pineapple, red onion, lime juice, and green peppercorns (to taste). Season to taste with salt.

Nutrition Facts

 **PROTEIN 4.67%**  **FAT 1.92%**  **CARBS 93.41%**

Properties

Glycemic Index:7.14, Glycemic Load:3.51, Inflammation Score:-2, Nutrition Score:3.5243478780207%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 30.12kcal (1.51%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 7.82g (2.61%), Net Carbohydrates: 6.96g (2.53%), Sugar: 5.25g (5.83%), Cholesterol: 0mg (0%), Sodium: 245.57mg (10.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.78%), Vitamin C: 25.26mg (30.61%), Manganese: 0.46mg (23.02%), Fiber: 0.86g (3.46%), Vitamin B6: 0.07mg (3.39%), Vitamin B1: 0.04mg (2.93%), Copper: 0.06mg (2.92%), Folate: 11.07µg (2.77%), Potassium: 73mg (2.09%), Magnesium: 7.18mg (1.8%), Vitamin B3: 0.26mg (1.3%), Vitamin B5: 0.12mg (1.21%), Vitamin B2: 0.02mg (1.11%)