



Pomegranate-Mint Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



45 kcal

SIDE DISH

Ingredients

- ☐ 1 cup mint leaves fresh finely chopped
- ☐ 10 servings pepper freshly ground
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1.5 teaspoon lemon zest finely grated
- ☐ 0.5 cup olive oil
- ☐ 1.5 cups pomegranate seeds
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.5 small shallots chopped

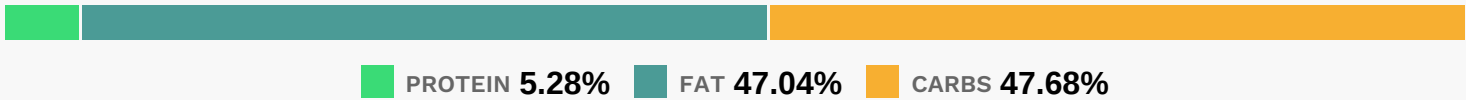
Equipment

☐ bowl

Directions

- ☐ Combine shallot, pomegranate seeds, oil, lemon zest, lemon juice, vinegar, and chopped mint in a small bowl; season with salt and pepper.
- ☐ DO AHEAD: Relish (without mint) can be made 1 day ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:12.9, Glycemic Load:2.49, Inflammation Score:-2, Nutrition Score:2.2786956306385%

Flavonoids

Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 44.57kcal (2.23%), Fat: 2.5g (3.84%), Saturated Fat: 0.34g (2.13%), Carbohydrates: 5.7g (1.9%), Net Carbohydrates: 4.25g (1.55%), Sugar: 3.52g (3.91%), Cholesterol: 0mg (0%), Sodium: 2.5mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Vitamin C: 5.02mg (6.08%), Fiber: 1.45g (5.78%), Vitamin K: 5.51µg (5.25%), Manganese: 0.1mg (4.97%), Vitamin A: 192IU (3.84%), Folate: 15.26µg (3.81%), Vitamin E: 0.46mg (3.09%), Copper: 0.06mg (2.84%), Potassium: 91.8mg (2.62%), Iron: 0.35mg (1.94%), Magnesium: 7.18mg (1.8%), Vitamin B2: 0.03mg (1.52%), Vitamin B6: 0.03mg (1.5%), Calcium: 14.9mg (1.49%), Vitamin B1: 0.02mg (1.44%), Phosphorus: 13.32mg (1.33%), Vitamin B5: 0.12mg (1.16%)