



WHATSheATE



HEALTH SCORE

52%

Red Pepper Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



59 kcal

SIDE DISH

Ingredients



0.3 teaspoon pepper black freshly ground



0.5 teaspoon coriander seeds



0.5 teaspoon pepper red crushed



2 tablespoons cilantro leaves fresh chopped



4 garlic cloves thinly sliced



1 teaspoon juice of lemon fresh



1 teaspoon olive oil



4 large bell peppers red

- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 2 cups vidalia sweet finely chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Cut bell peppers in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 15 minutes. Peel and finely chop.
- ☐ Place coriander seeds in a small skillet; cook over medium heat 3 minutes or until seeds are lightly browned and fragrant, shaking pan frequently.
- ☐ Transfer seeds to a spice or coffee grinder, and process until finely ground.
- ☐ Heat oil in a medium nonstick skillet over medium heat.
- ☐ Add onion; saut 8 minutes or until translucent.
- ☐ Add coriander, crushed red pepper, and garlic; saut 3 minutes.
- ☐ Combine onion mixture and roasted bell pepper in a medium bowl. Stir in red wine vinegar and next 4 ingredients (red wine vinegar through black pepper). Cover and refrigerate 30 minutes. Stir in cilantro.

Nutrition Facts



 **PROTEIN 10.32%**  **FAT 15.17%**  **CARBS 74.51%**

Properties

Glycemic Index:32.68, Glycemic Load:2.04, Inflammation Score:-10, Nutrition Score:13.129565347796%

Flavonoids

Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Quercetin: 8.1mg, Quercetin: 8.1mg, Quercetin: 8.1mg, Quercetin: 8.1mg

Nutrients (% of daily need)

Calories: 59.27kcal (2.96%), Fat: 1.11g (1.71%), Saturated Fat: 0.17g (1.03%), Carbohydrates: 12.25g (4.08%), Net Carbohydrates: 9.28g (3.37%), Sugar: 7.99g (8.88%), Cholesterol: 0mg (0%), Sodium: 206.07mg (8.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.39%), Vitamin C: 143.55mg (174%), Vitamin A: 3482.86IU (69.66%), Vitamin B6: 0.42mg (20.83%), Folate: 62.93µg (15.73%), Vitamin E: 1.9mg (12.7%), Fiber: 2.97g (11.89%), Manganese: 0.22mg (10.83%), Potassium: 312.21mg (8.92%), Vitamin B2: 0.11mg (6.38%), Vitamin K: 6.68µg (6.36%), Vitamin B3: 1.18mg (5.91%), Vitamin B1: 0.09mg (5.74%), Magnesium: 19.65mg (4.91%), Phosphorus: 47.73mg (4.77%), Vitamin B5: 0.42mg (4.15%), Iron: 0.74mg (4.1%), Copper: 0.06mg (3%), Zinc: 0.38mg (2.57%), Calcium: 24.61mg (2.46%), Selenium: 0.75µg (1.07%)