



Red Pepper Relish with Aromatics

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



6

CALORIES



164 kcal

SIDE DISH

Ingredients

- 1 optional: lemon
- 1 pounds bell peppers red
- 1 cup rice vinegar
- 6 servings aromatic spice mix
- 1 cup sugar

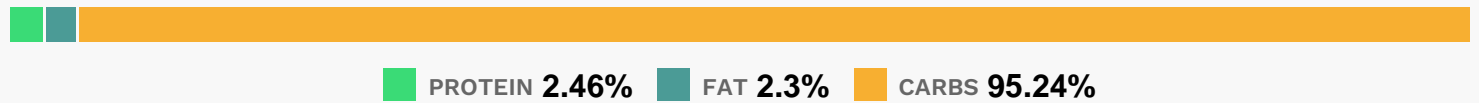
Equipment

- frying pan

Directions

- Rinse, stem, seed, and thinly slice peppers. Rinse lemon; trim ends and discard them. Thinly slice lemon and cut slices into quarters; discard seeds.
- In a 4- to 5-quart pan, combine 1 cup water, peppers, lemon, vinegar, sugar, and aromatic spice mix. Bring to a boil over high heat and boil rapidly, stirring often, until liquid is almost evaporated, about 20 minutes; take care not to scorch.
- Serve warm or cool. Stir before serving.

Nutrition Facts



Properties

Glycemic Index:30.43, Glycemic Load:24.54, Inflammation Score:-9, Nutrition Score:10.644782465437%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 163.51kcal (8.18%), Fat: 0.43g (0.66%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 40.14g (13.38%), Net Carbohydrates: 37.63g (13.68%), Sugar: 36.95g (41.06%), Cholesterol: 0mg (0%), Sodium: 4.82mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.07%), Vitamin C: 106.33mg (128.88%), Vitamin A: 2387.97IU (47.76%), Vitamin B6: 0.24mg (12.24%), Fiber: 2.52g (10.07%), Folate: 39.13µg (9.78%), Vitamin K: 9.92µg (9.45%), Vitamin E: 1.4mg (9.36%), Manganese: 0.16mg (8.23%), Potassium: 198.47mg (5.67%), Vitamin B2: 0.08mg (4.67%), Iron: 0.83mg (4.61%), Vitamin B3: 0.8mg (4.02%), Magnesium: 13.64mg (3.41%), Vitamin B1: 0.05mg (3.32%), Calcium: 28.83mg (2.88%), Vitamin B5: 0.28mg (2.83%), Phosphorus: 25.72mg (2.57%), Zinc: 0.23mg (1.56%), Copper: 0.03mg (1.54%)