



Smoky Tomato Relish



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



37 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 1 teaspoon mint leaves fresh chopped
- ☐ 1.5 teaspoons thyme leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 bell pepper green
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 cup onion chopped

- ☐ 6 6-inch pitas cut into 4 wedges ()
- ☐ 2 teaspoons red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1 pound tomatoes

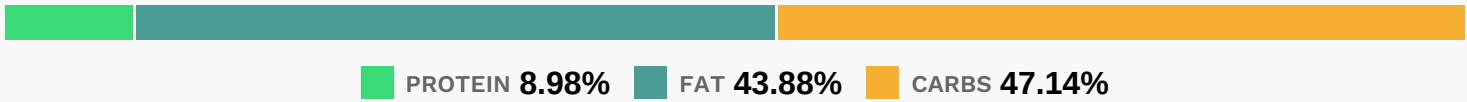
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a large cast-iron skillet over medium-high heat.
- ☐ Cut bell pepper in half lengthwise; discard seeds and membranes. Flatten one bell pepper half with hand; add to skillet, skin side down. Reserve remaining bell pepper half for another use.
- ☐ Add tomatoes to pan. Cook 10 minutes or until blackened, turning frequently.
- ☐ Remove from heat; cool pepper and tomatoes to room temperature.
- ☐ Chop tomatoes, and place them in a medium bowl. Chop bell pepper; add to tomato. Stir in onion and next 8 ingredients (through garlic).
- ☐ Garnish with parsley, if desired.
- ☐ Serve chilled or at room temperature with pita wedges.

Nutrition Facts



Properties

Glycemic Index:38.88, Glycemic Load:1.32, Inflammation Score:-7, Nutrition Score:3.9913042984579%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 36.81kcal (1.84%), Fat: 1.93g (2.97%), Saturated Fat: 0.28g (1.73%), Carbohydrates: 4.67g (1.56%), Net Carbohydrates: 3.45g (1.25%), Sugar: 2.29g (2.54%), Cholesterol: 0mg (0%), Sodium: 153.38mg (6.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.78%), Vitamin C: 21.36mg (25.89%), Vitamin A: 572.3IU (11.45%), Vitamin K: 6.84µg (6.51%), Manganese: 0.13mg (6.43%), Potassium: 183.89mg (5.25%), Vitamin B6: 0.1mg (5.16%), Fiber: 1.22g (4.89%), Vitamin E: 0.64mg (4.23%), Folate: 12.35µg (3.09%), Copper: 0.05mg (2.7%), Vitamin B1: 0.04mg (2.53%), Magnesium: 9.97mg (2.49%), Vitamin B3: 0.45mg (2.27%), Phosphorus: 22.15mg (2.21%), Iron: 0.34mg (1.9%), Calcium: 13.56mg (1.36%), Vitamin B2: 0.02mg (1.28%), Zinc: 0.16mg (1.05%)