



## Spiced Pepper Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



40

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 teaspoon pepper red crushed
- ☐ 3.5 cups onion shredded ( 2 large)
- ☐ 3 cups bell pepper shredded red ( 4 medium)
- ☐ 1 teaspoon salt
- ☐ 2 cups sugar
- ☐ 0.5 cup water
- ☐ 1 cup citrus champagne vinegar

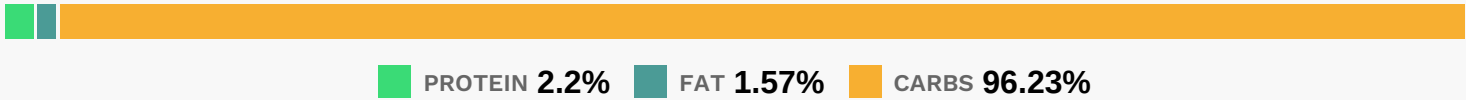
## Equipment

☐ sauce pan

Directions

- ☐ Combine all ingredients in a large saucepan; bring to a boil. Reduce heat, and simmer, uncovered, 35 minutes or until thick, stirring frequently. Cool; pour into airtight containers.
- ☐ Note: Refrigerate Spiced Pepper Relish in airtight containers up to one month.

Nutrition Facts



Properties

Glycemic Index:3.23, Glycemic Load:7.41, Inflammation Score:-4, Nutrition Score:1.9178260629592%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 48.28kcal (2.41%), Fat: 0.09g (0.13%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 11.98g (3.99%), Net Carbohydrates: 11.49g (4.18%), Sugar: 11.05g (12.27%), Cholesterol: 0mg (0%), Sodium: 60.69mg (2.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.55%), Vitamin C: 15.37mg (18.63%), Vitamin A: 364.99IU (7.3%), Vitamin B6: 0.05mg (2.52%), Fiber: 0.49g (1.96%), Folate: 7.81µg (1.95%), Manganese: 0.03mg (1.74%), Potassium: 47.54mg (1.36%), Vitamin E: 0.2mg (1.32%)