



## Sweet and Sour Smoky Bites

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



20

CALORIES



27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup grape jelly
- 0.3 cup mustard prepared
- 1 tablespoon pickle relish sweet

### Equipment

### Nutrition Facts



■ PROTEIN 2.48% ■ FAT 3.85% ■ CARBS 93.67%

## Properties

Glycemic Index:4.35, Glycemic Load:3.18, Inflammation Score:-1, Nutrition Score:0.44130434782609%

## Nutrients (% of daily need)

Calories: 26.5kcal (1.33%), Fat: 0.11g (0.18%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 6.28g (2.09%), Net Carbohydrates: 6.05g (2.2%), Sugar: 4.38g (4.87%), Cholesterol: 0mg (0%), Sodium: 43.04mg (1.87%), Protein: 0.17g (0.33%), Selenium: 1.23µg (1.75%)