



## Sweet Pepper and Onion Relish with Pine Nuts



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



69 kcal

SIDE DISH

### Ingredients

- ☐ 1.5 cups bell pepper strips red
- ☐ 0.8 teaspoon thyme leaves dried
- ☐ 0.1 teaspoon coarsely ground pepper black
- ☐ 1 tablespoon honey
- ☐ 1 teaspoon olive oil
- ☐ 2 tablespoons pinenuts toasted
- ☐ 1.5 tablespoons rice vinegar
- ☐ 0.3 teaspoon salt

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1.8 pounds vidalia sweet vertically sliced

## Equipment

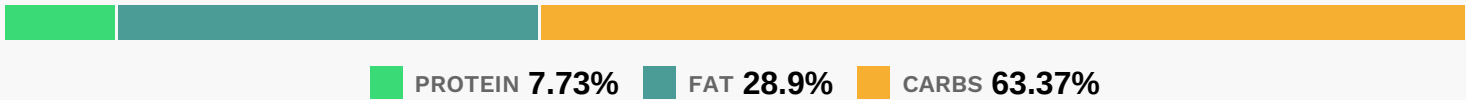
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frying pan

## Directions

- ☐ Heat the oil in a large nonstick skillet coated with cooking spray over medium heat.
- ☐ Add the onion, bell pepper, and thyme; cook for 25 minutes or until golden brown, stirring frequently.
- ☐ Remove from heat.
- ☐ Add the pine nuts and the remaining ingredients, and stir well.
- ☐ Serve at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:20.78, Glycemic Load:1.48, Inflammation Score:-8, Nutrition Score:7.0200000457142%

## Flavonoids

Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 14.47mg, Quercetin: 14.47mg, Quercetin: 14.47mg, Quercetin: 14.47mg

## Nutrients (% of daily need)

Calories: 69.12kcal (3.46%), Fat: 2.38g (3.66%), Saturated Fat: 0.21g (1.32%), Carbohydrates: 11.75g (3.92%), Net Carbohydrates: 10.13g (3.68%), Sugar: 8.4g (9.34%), Cholesterol: 0mg (0%), Sodium: 82.01mg (3.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.87%), Vitamin C: 40.6mg (49.22%), Vitamin A: 880.17IU (17.6%), Manganese: 0.34mg (17.1%), Vitamin B6: 0.21mg (10.69%), Folate: 36.84µg (9.21%), Fiber: 1.62g (6.48%), Potassium: 194.57mg (5.56%), Vitamin E: 0.77mg (5.16%), Phosphorus: 48.89mg (4.89%), Copper: 0.1mg (4.79%), Vitamin K: 4.97µg (4.74%), Magnesium: 18.9mg (4.73%), Vitamin B1: 0.07mg (4.36%), Iron: 0.65mg (3.61%), Vitamin B2: 0.05mg (2.98%), Vitamin B3: 0.52mg (2.62%), Zinc: 0.37mg (2.48%), Calcium: 24.5mg (2.45%), Vitamin B5: 0.2mg (1.96%)