



Sweet Pepper Relish



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



77 kcal

SIDE DISH

Ingredients



0.8 cup firmly brown sugar packed



2 bell peppers red seeded cut into thin strips



8 serrano chile peppers seeded cut into thin strips



2 bell peppers yellow seeded cut into thin strips

Equipment

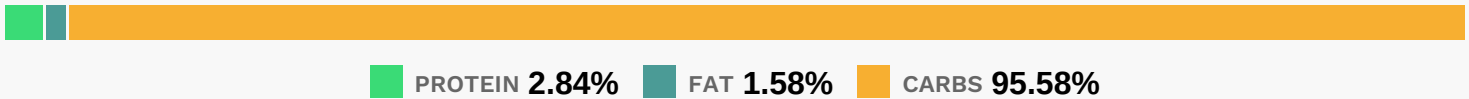


slow cooker

Directions

- ☐ Combine all ingredients in an airtight container. Cover and chill at least 8 hours.
- ☐ Spoon mixture into a lightly greased 3-quart slow cooker. Cover and cook on LOW 7 hours.
- ☐ Serve warm or cold.
- ☐ Serving Suggestion: Use this versatile relish over roasted meats, poultry, and fish. It's also tasty for spicing up sandwiches, hamburgers, black-eyed peas, or cream cheese appetizers.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:0.3, Inflammation Score:-7, Nutrition Score:6.7230436465015%

Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 76.85kcal (3.84%), Fat: 0.14g (0.22%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 19.45g (6.48%), Net Carbohydrates: 18.56g (6.75%), Sugar: 17.19g (19.1%), Cholesterol: 0mg (0%), Sodium: 6.53mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.15%), Vitamin C: 76.29mg (92.48%), Vitamin A: 837.75IU (16.76%), Vitamin B6: 0.14mg (7.01%), Folate: 18.41µg (4.6%), Potassium: 137.26mg (3.92%), Manganese: 0.07mg (3.7%), Fiber: 0.89g (3.57%), Vitamin E: 0.41mg (2.73%), Vitamin B3: 0.54mg (2.68%), Copper: 0.04mg (2.17%), Iron: 0.37mg (2.06%), Magnesium: 8.25mg (2.06%), Calcium: 18.51mg (1.85%), Vitamin B2: 0.03mg (1.77%), Vitamin K: 1.73µg (1.65%), Vitamin B5: 0.15mg (1.47%), Vitamin B1: 0.02mg (1.47%), Phosphorus: 14.48mg (1.45%)