



 1%  
HEALTH SCORE

## Sweet Pickle Relish

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



152 kcal

SIDE DISH

### Ingredients

- 1 cup bread chopped
- 0.3 cup apple cider vinegar
- 0.8 cup jalapeno jelly
- 1 cup onion finely chopped
- 0.5 cup pasilla peppers sweet hot chopped
- 8 servings salt
- 1 teaspoon vegetable oil

### Equipment

sauce pan

## Directions

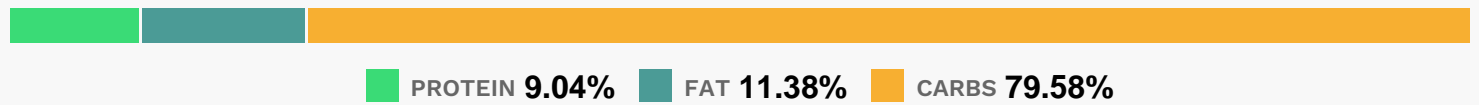
In a saucepan, heat the oil.

Add the onion and cook over low heat until softened, about 10 minutes.

Add the jalapeo jelly and cider vinegar and bring to a boil. Cook over moderate heat until thickened, about 6 minutes.

Let cool, then stir in the pickles and peppadews. Season with salt.

## Nutrition Facts



## Properties

Glycemic Index:16.96, Glycemic Load:8.01, Inflammation Score:-4, Nutrition Score:5.403043443742%

## Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg

## Nutrients (% of daily need)

Calories: 152.04kcal (7.6%), Fat: 1.94g (2.98%), Saturated Fat: 0.31g (1.91%), Carbohydrates: 30.48g (10.16%), Net Carbohydrates: 28.8g (10.47%), Sugar: 15.3g (16.99%), Cholesterol: 0mg (0%), Sodium: 342.86mg (14.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.93%), Manganese: 0.41mg (20.44%), Vitamin C: 10.85mg (13.16%), Selenium: 8.63µg (12.32%), Vitamin B1: 0.14mg (9.07%), Vitamin B3: 1.72mg (8.61%), Folate: 29.87µg (7.47%), Fiber: 1.68g (6.73%), Iron: 1.15mg (6.42%), Vitamin B2: 0.08mg (4.85%), Phosphorus: 46.41mg (4.64%), Calcium: 43.14mg (4.31%), Vitamin B6: 0.08mg (3.88%), Magnesium: 15.43mg (3.86%), Vitamin A: 187.79IU (3.76%), Vitamin K: 3.25µg (3.1%), Copper: 0.06mg (2.92%), Vitamin B5: 0.28mg (2.76%), Potassium: 92.69mg (2.65%), Zinc: 0.36mg (2.38%)