






 **17%**
HEALTH SCORE

Sweet & Spicy Thai Relish

 **Gluten Free**  **Dairy Free**

READY IN

45 min.

SERVINGS

3

CALORIES

83 kcal

SIDE DISH

Ingredients

- 5 small pepper flakes dried red (check the produce section or Hispanic foods aisle)
- 0.3 c fish sauce
- 3 large cloves garlic coarsely chopped
- 12 grape tomatoes halved
- 0.3 c juice of lime
- 0.5 c onion coarsely chopped
- 1 bell pepper red coarsely chopped
- 1 pinch sugar

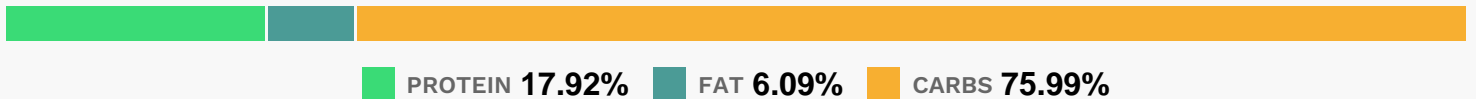
Equipment

- food processor
- bowl
- frying pan
- knife
- blender
- stove

Directions

- Heat a large cast iron skillet over medium heat. Once hot, dry-fry (meaning, dont add any fat or oil to the pan) the whole chilies for one minute, then set aside in a small bowl. They should be fragrant and slightly darker in color, but not burnt. In the same pan, dry-fry the chopped onion, bell pepper, and garlic for 2 minutes until brown but not burnt, then set aside on a large plate. Toss in the tomatoes and dry-fry for 1-2 minutes until charred on the outside, stirring frequently. Set on the plate with the onions, pepper, and garlic. Turn the stove off, then use your hands to break apart the chilies into smaller pieces. Dont try to use a knife, because they will fly all over the kitchen.
- Place the chilies in the bowl of a blender or large food processor, then wash your hands thoroughly with soap and warm water to remove any oils left from the chilies.
- Add the third cup fish sauce, quarter cup lime juice, and sugar to the blender, along with the reserved onion, bell pepper, garlic, and tomatoes. Pulse on chop mode or equivalent until the mixture forms a chunky sauce.
- Serve either warm or chilled.

Nutrition Facts



Properties

Glycemic Index:80.7, Glycemic Load:4.72, Inflammation Score:-10, Nutrition Score:16.360434782609%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg

Taste

Sweetness: 100%, Saltiness: 36.74%, Sourness: 79.76%, Bitterness: 20.27%, Savoriness: 18.6%, Fattiness: 15.58%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 83.04kcal (4.15%), Fat: 0.64g (0.99%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 18.1g (6.03%), Net Carbohydrates: 14.73g (5.35%), Sugar: 10.2g (11.34%), Cholesterol: 0mg (0%), Sodium: 2037.28mg (88.58%), Protein: 4.27g (8.53%), Vitamin C: 176.95mg (214.49%), Vitamin A: 2536.38IU (50.73%), Vitamin B6: 0.73mg (36.41%), Manganese: 0.41mg (20.52%), Magnesium: 79.63mg (19.91%), Potassium: 635.16mg (18.15%), Vitamin K: 18.09µg (17.23%), Folate: 66.02µg (16.5%), Fiber: 3.37g (13.48%), Vitamin B3: 2.4mg (12.01%), Vitamin E: 1.56mg (10.42%), Copper: 0.18mg (9.07%), Vitamin B1: 0.13mg (8.47%), Vitamin B2: 0.14mg (8.2%), Iron: 1.45mg (8.07%), Phosphorus: 75.83mg (7.58%), Selenium: 3.34µg (4.77%), Calcium: 45.55mg (4.56%), Vitamin B5: 0.44mg (4.43%), Zinc: 0.56mg (3.72%), Vitamin B12: 0.12µg (2.06%)