



The Fires of Hades - Hellish Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



145 min.

SERVINGS



16

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 tablespoon dill weed fresh chopped



2 cloves garlic minced



2 tablespoons horseradish raw finely grated



2 tablespoons juice of lemon



2 tablespoons juice of lime



0.3 cup olive oil



1 pound habanero peppers minced seeded

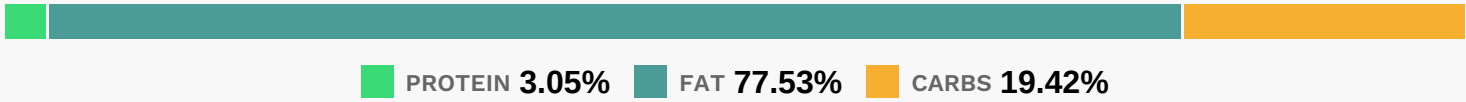
Equipment

☐ bowl

Directions

- ☐ In a large bowl, stir together the peppers, lemon juice, lime juice, garlic, horseradish, dill weed and olive oil.
- ☐ Transfer to a sealed container and refrigerate for 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:5.63, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:2.5369565357333%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 37.86kcal (1.89%), Fat: 3.44g (5.3%), Saturated Fat: 0.49g (3.03%), Carbohydrates: 1.94g (0.65%), Net Carbohydrates: 1.38g (0.5%), Sugar: 0.91g (1.01%), Cholesterol: 0mg (0%), Sodium: 8.93mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.61%), Vitamin C: 24.69mg (29.92%), Vitamin E: 0.6mg (3.99%), Vitamin K: 4.17µg (3.97%), Vitamin B6: 0.07mg (3.56%), Fiber: 0.57g (2.26%), Manganese: 0.04mg (2.2%), Vitamin A: 107.94IU (2.16%), Potassium: 60.07mg (1.72%), Vitamin B1: 0.02mg (1.2%), Folate: 4.51µg (1.13%), Copper: 0.02mg (1.09%)