



Tomato-Corn Relish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



68 kcal

SIDE DISH

Ingredients

- ☐ 1 bacon thick
- ☐ 1 cup corn kernels fresh (1 ear)
- ☐ 1 garlic clove pressed
- ☐ 2 teaspoons hot sauce
- ☐ 0.3 teaspoon salt
- ☐ 8 oz tomato relish green

Equipment

- ☐ frying pan

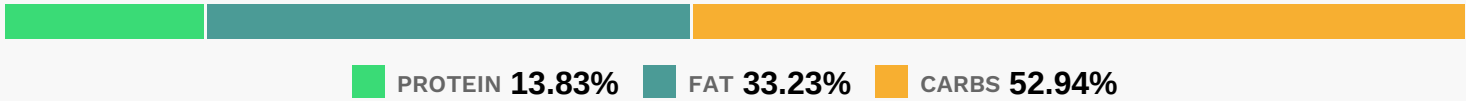
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paper towels

Directions

- ☐ Cook bacon in a medium skillet over medium-high heat 3 minutes or until crisp; remove bacon, and drain on paper towels, reserving 1 Tbsp. drippings in skillet. Crumble bacon.
- ☐ Saut corn and garlic in hot drippings 3 minutes or until tender. Stir in tomato relish, next 2 ingredients, and bacon.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:4.8400000074635%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 68.49kcal (3.42%), Fat: 2.8g (4.3%), Saturated Fat: 0.87g (5.42%), Carbohydrates: 10.02g (3.34%), Net Carbohydrates: 8.65g (3.15%), Sugar: 4.57g (5.08%), Cholesterol: 3.63mg (1.21%), Sodium: 247.55mg (10.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.24%), Vitamin C: 17.46mg (21.17%), Vitamin A: 437.14IU (8.74%), Vitamin B1: 0.11mg (7.17%), Potassium: 230.35mg (6.58%), Manganese: 0.13mg (6.51%), Vitamin B5: 0.58mg (5.81%), Vitamin B3: 1.16mg (5.78%), Phosphorus: 57.43mg (5.74%), Vitamin K: 5.9µg (5.62%), Fiber: 1.37g (5.48%), Vitamin B6: 0.11mg (5.34%), Folate: 20.47µg (5.12%), Magnesium: 20.03mg (5.01%), Copper: 0.08mg (3.79%), Iron: 0.52mg (2.91%), Vitamin B2: 0.05mg (2.91%), Selenium: 1.66µg (2.37%), Zinc: 0.28mg (1.88%), Vitamin E: 0.27mg (1.78%)