



WHATSheATE



Tomato, Cucumber, and Red Pepper Relish



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



106 kcal

SIDE DISH

Ingredients



2 tablespoons balsamic vinegar



4 servings pepper black freshly ground



1 cucumber diced english seeded finely



2 tablespoons olive oil



1 teaspoon oregano dried



1 bell pepper diced red seeded finely



4 servings salt



2 large tomatoes diced seeded finely

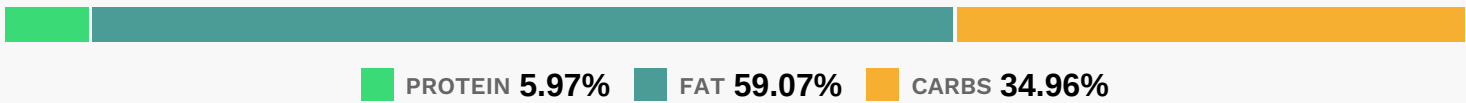
Equipment

☐ bowl

Directions

- ☐ In a large bowl toss together the red pepper, cucumber, and tomato.
- ☐ Add the oil, vinegar, oregano, salt and pepper, and toss to combine.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:2, Inflammation Score:-9, Nutrition Score:10.285652167123%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 105.86kcal (5.29%), Fat: 7.38g (11.35%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 9.83g (3.28%), Net Carbohydrates: 7.5g (2.73%), Sugar: 6.11g (6.79%), Cholesterol: 0mg (0%), Sodium: 203.15mg (8.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.35%), Vitamin C: 52.66mg (63.83%), Vitamin A: 1777.3IU (35.55%), Vitamin K: 28.43µg (27.08%), Vitamin E: 2.08mg (13.9%), Manganese: 0.25mg (12.25%), Potassium: 405.39mg (11.58%), Vitamin B6: 0.19mg (9.74%), Fiber: 2.33g (9.32%), Folate: 33.79µg (8.45%), Magnesium: 25.82mg (6.45%), Phosphorus: 49.99mg (5%), Iron: 0.88mg (4.87%), Copper: 0.1mg (4.81%), Vitamin B1: 0.07mg (4.73%), Vitamin B3: 0.93mg (4.65%), Vitamin B2: 0.07mg (4.13%), Vitamin B5: 0.38mg (3.76%), Calcium: 33.96mg (3.4%), Zinc: 0.4mg (2.67%)