



Tomato Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



25 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.5 cup cucumber peeled seeded finely chopped
- ☐ 3 tablespoons basil fresh chopped
- ☐ 1.5 teaspoons mint leaves fresh chopped
- ☐ 0.5 cup bell pepper green finely chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 cup onion red finely chopped
- ☐ 0.5 teaspoon salt

- ☐ 0.5 teaspoon sugar
- ☐ 2 cups tomatoes chopped
- ☐ 1 cup tomatoes yellow chopped

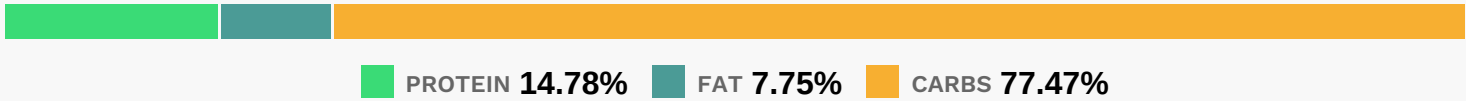
Equipment

- ☐ bowl
- ☐ slotted spoon

Directions

- ☐ Combine all ingredients in a bowl; toss to combine.
- ☐ Serve with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:38.35, Glycemic Load:1.08, Inflammation Score:-5, Nutrition Score:4.6352173686028%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 24.81kcal (1.24%), Fat: 0.25g (0.38%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 5.55g (1.85%), Net Carbohydrates: 4.18g (1.52%), Sugar: 2.75g (3.06%), Cholesterol: 0mg (0%), Sodium: 205.61mg (8.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.12%), Vitamin C: 21.9mg (26.55%), Vitamin A: 573.64IU (11.47%), Vitamin K: 10.05µg (9.57%), Manganese: 0.14mg (7.04%), Potassium: 245.99mg (7.03%), Fiber: 1.37g (5.48%), Vitamin B6: 0.11mg (5.46%), Folate: 20.98µg (5.25%), Copper: 0.08mg (4.05%), Vitamin B3: 0.68mg (3.42%), Magnesium: 13.46mg (3.37%), Vitamin B1: 0.05mg (3.1%), Phosphorus: 30.72mg (3.07%), Vitamin E: 0.4mg (2.68%), Iron: 0.41mg (2.28%), Vitamin B2: 0.03mg (1.96%), Calcium: 16.58mg (1.66%), Zinc: 0.23mg (1.51%), Vitamin B5: 0.13mg (1.35%)