



Tunisian Sweet and Hot Pepper-Tomato Relish

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



32 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 1 tablespoon olive oil extravirgin
- 0.3 cup flat-leaf parsley fresh chopped
- 2 garlic cloves minced
- 1 teaspoon ground cumin
- 2 tablespoons juice of lemon fresh
- 1 teaspoon lemon rind grated
- 1 tablespoon pepper sauce hot (such as Tabasco)

- 3 6-inch pitas split cut into 4 wedges ()
- 3 large bell peppers red
- 0.3 teaspoon salt
- 1 teaspoon sugar
- 1.8 cups tomatoes peeled seeded chopped

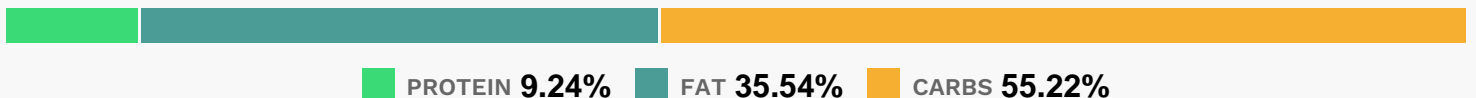
Equipment

- bowl
- frying pan
- baking sheet
- aluminum foil
- broiler
- ziploc bags

Directions

- Preheat broiler.
- Cut bell peppers in half lengthwise; discard seeds and membranes.
- Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened.
- Place in a zip-top plastic bag; seal.
- Let stand 15 minutes. Peel and cut into 1/2-inch pieces; place in a large bowl.
- Heat a medium, heavy skillet over high heat.
- Add tomato; cook 8 minutes or until thick, stirring constantly.
- Add tomato to bell pepper in bowl. Stir in parsley and next 9 ingredients (through garlic).
- Serve with pita wedges.

Nutrition Facts



Properties

Glycemic Index:24.84, Glycemic Load:0.94, Inflammation Score:-8, Nutrition Score:8.0882609868827%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 31.51kcal (1.58%), Fat: 1.4g (2.15%), Saturated Fat: 0.2g (1.24%), Carbohydrates: 4.89g (1.63%), Net Carbohydrates: 3.57g (1.3%), Sugar: 2.99g (3.32%), Cholesterol: 0mg (0%), Sodium: 131.24mg (5.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%), Vitamin C: 59.56mg (72.19%), Vitamin A: 1434.22IU (28.68%), Vitamin K: 24.3µg (23.15%), Vitamin B6: 0.17mg (8.47%), Vitamin E: 1.07mg (7.17%), Folate: 24.24µg (6.06%), Fiber: 1.32g (5.28%), Potassium: 169.23mg (4.84%), Manganese: 0.09mg (4.68%), Iron: 0.73mg (4.08%), Vitamin B3: 0.69mg (3.45%), Vitamin B2: 0.06mg (3.42%), Vitamin B1: 0.04mg (2.85%), Magnesium: 10.46mg (2.62%), Phosphorus: 20.25mg (2.02%), Copper: 0.04mg (1.88%), Calcium: 18.71mg (1.87%), Vitamin B5: 0.19mg (1.86%), Zinc: 0.18mg (1.23%)