



Zucchini Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



28 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon basil fresh chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 2 tablespoons bell pepper red chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sugar white
- ☐ 1 cup zucchini chopped

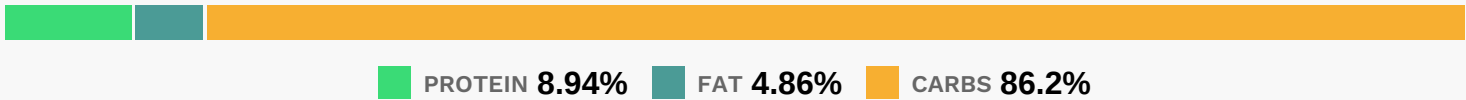
Equipment

☐ bowl

Directions

☐ In a medium bowl, stir together the zucchini, onion, sugar, basil, red pepper, lemon juice, salt and pepper. Cover and refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:61.52, Glycemic Load:2.68, Inflammation Score:-3, Nutrition Score:2.8491304659325%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

Nutrients (% of daily need)

Calories: 28.11kcal (1.41%), Fat: 0.17g (0.26%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 6.71g (2.24%), Net Carbohydrates: 5.9g (2.15%), Sugar: 5g (5.56%), Cholesterol: 0mg (0%), Sodium: 148.96mg (6.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.39%), Vitamin C: 15.97mg (19.36%), Manganese: 0.11mg (5.45%), Vitamin A: 235.5IU (4.71%), Vitamin B6: 0.09mg (4.63%), Folate: 15.24µg (3.81%), Potassium: 130.87mg (3.74%), Vitamin K: 3.92µg (3.73%), Fiber: 0.81g (3.24%), Vitamin B2: 0.04mg (2.4%), Magnesium: 9.13mg (2.28%), Phosphorus: 19.87mg (1.99%), Vitamin B1: 0.03mg (1.85%), Copper: 0.03mg (1.51%), Iron: 0.21mg (1.19%), Calcium: 11.89mg (1.19%), Vitamin B5: 0.12mg (1.15%), Vitamin B3: 0.22mg (1.11%), Zinc: 0.15mg (1.03%)