

Spicy Pepper Relish

50 Burger Toppings
Food Network Magazine

1 red bell pepper, chopped
1 Fresno chile, halved
1 clove garlic
1 tablespoon cider vinegar
1 teaspoon Kosher salt

In a food processor, pulse all of the ingredients until finely chopped.

Refrigerate for at least one hour.

Per Serving (excluding unknown items): 39 Calories; trace Fat (4.6% calories from fat); 1g Protein; 10g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1883mg Sodium. Exchanges: 1 1/2 Vegetable; 0 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	39
% Calories from Fat:	4.6%
% Calories from Carbohydrates:	84.4%
% Calories from Protein:	11.0%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	10g
Dietary Fiber (g):	2g
Protein (g):	1g
Sodium (mg):	1883mg
Potassium (mg):	238mg
Calcium (mg):	17mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	227mg
Vitamin A (i.u.):	6783IU

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	26mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Vitamin A (r.e.):

678 1/2RE

Nutrition Facts

Amount Per Serving

Calories	39	Calories from Fat: 2
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% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	1883mg	78%
Total Carbohydrates	10g	3%
Dietary Fiber	2g	10%
Protein	1g	
Vitamin A		136%
Vitamin C		378%
Calcium		2%
Iron		4%

* Percent Daily Values are based on a 2000 calorie diet.