

Burger Toppings - Tangy Pepper Relish

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2 jalapenos, minced
1 orange bell pepper, diced
1 green bell pepper, diced
2 Roma tomatoes, seeded and diced
1 cup fresh flat-leaf parsley, chopped
1 cup fresh dill, chopped
2 tablespoons balsamic vinegar
salt (to taste)
pepper (to taste)

In a bowl, combine the jalapenos, green and orange bell peppers, Roma tomatoes, parsley and dill.

Toss with the balsamic vinegar.

Season with salt and pepper.

Refrigerate overnight.

Per Serving (excluding unknown items): 122 Calories; 2g Fat (10.7% calories from fat); 6g Protein; 27g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 64mg Sodium. Exchanges: 4 1/2 Vegetable; 0 Fruit; 0 Fat.

Sandwiches, Sauces

Per Serving Nutritional Analysis

Calories (kcal):	122	Vitamin B6 (mg):	.7mg
% Calories from Fat:	10.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	74.0%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	15.2%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	2g	Folacin (mcg):	181mcg
Saturated Fat (g):	trace	Niacin (mg):	3mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refused:	0 0%
Carbohydrate (g):	27g		
Dietary Fiber (g):	8g	Food Exchanges	
Protein (g):	6g	Grain (Starch):	0
Sodium (mg):	64mg	Lean Meat:	0
Potassium (mg):	1248mg	Vegetable:	4 1/2
		Fruit:	0

Calcium (mg): 129mg
Iron (mg): 6mg
Zinc (mg): 1mg
Vitamin C (mg): 253mg
Vitamin A (i.u.): 6152IU
Vitamin A (r.e.): 614 1/2RE

Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 122 Calories from Fat: 13

% Daily Values*

Total Fat	2g		3%
	Saturated Fat	trace	1%
Cholesterol	0mg		0%
Sodium	64mg		3%
Total Carbohydrates	27g		9%
	Dietary Fiber	8g	31%
Protein	6g		
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Vitamin A			123%
Vitamin C			422%
Calcium			13%
Iron			35%

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