



Apple-Raisin Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



751 kcal

SIDE DISH

Ingredients

- ☐ 1 cup apricots dried chopped
- ☐ 1 cup golden raisins
- ☐ 4 granny smith apples peeled chopped
- ☐ 2 tablespoons orange rind grated
- ☐ 0.5 cup slivered almonds toasted
- ☐ 2 cups sugar
- ☐ 0.3 cup vinegar white

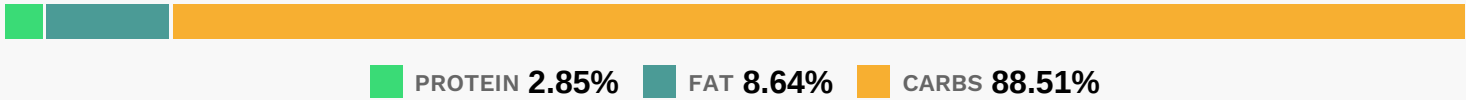
Equipment

sauce pan

Directions

Bring all ingredients to a boil in a large saucepan, stirring constantly. Reduce heat to low, and simmer, stirring frequently, 20 to 25 minutes, until apples are tender and mixture has thickened.

Nutrition Facts



Properties

Glycemic Index:63.04, Glycemic Load:98.09, Inflammation Score:-8, Nutrition Score:13.872608661652%

Flavonoids

Cyanidin: 3.19mg, Cyanidin: 3.19mg, Cyanidin: 3.19mg, Cyanidin: 3.19mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.54mg, Catechin: 2.54mg, Catechin: 2.54mg, Catechin: 2.54mg Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg Epicatechin: 13.79mg, Epicatechin: 13.79mg, Epicatechin: 13.79mg, Epicatechin: 13.79mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

Nutrients (% of daily need)

Calories: 751.38kcal (37.57%), Fat: 7.7g (11.85%), Saturated Fat: 0.62g (3.91%), Carbohydrates: 177.56g (59.19%), Net Carbohydrates: 167.36g (60.86%), Sugar: 158.13g (175.7%), Cholesterol: 0mg (0%), Sodium: 10.96mg (0.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.42%), Fiber: 10.2g (40.78%), Vitamin E: 5.24mg (34.95%), Manganese: 0.57mg (28.65%), Potassium: 949.8mg (27.14%), Vitamin A: 1282.32IU (25.65%), Copper: 0.44mg (22.1%), Vitamin B2: 0.32mg (18.6%), Magnesium: 69.46mg (17.36%), Vitamin C: 13.94mg (16.89%), Phosphorus: 150.99mg (15.1%), Vitamin B6: 0.26mg (13.1%), Iron: 2.31mg (12.84%), Vitamin B3: 1.94mg (9.69%), Calcium: 91.11mg (9.11%), Vitamin K: 6.28µg (5.98%), Zinc: 0.76mg (5.04%), Vitamin B1: 0.07mg (4.67%), Folate: 16.64µg (4.16%), Vitamin B5: 0.41mg (4.07%), Selenium: 2.23µg (3.19%)