

Bayou Pepper Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



790 kcal

SIDE DISH

Ingredients

- 2.3 cups apple cider vinegar
- 12 medium bell pepper green seeded
- 12 medium bell pepper red seeded
- 2 tablespoons salt
- 2.7 cups sugar
- 12 small onion yellow peeled

Equipment

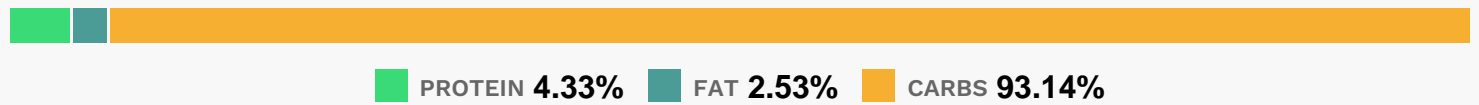
- pot

meat grinder

Directions

- Grind all the vegetables together in a meat grinder, using the coarsest blade. Cover with boiling water and leave for 5 minutes.
- Combine remaining ingredients in a large pot and bring to a boil.
- Drain vegetables, add to pot and boil 5 minutes.
- Pour into hot, sterilized preserving jars, cover and seal.

Nutrition Facts



Properties

Glycemic Index:44.77, Glycemic Load:103.45, Inflammation Score:-10, Nutrition Score:37.616521431052%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 19.03mg, Luteolin: 19.03mg, Luteolin: 19.03mg, Luteolin: 19.03mg Isorhamnetin: 10.52mg, Isorhamnetin: 10.52mg, Isorhamnetin: 10.52mg, Isorhamnetin: 10.52mg Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 51.34mg, Quercetin: 51.34mg, Quercetin: 51.34mg, Quercetin: 51.34mg

Nutrients (% of daily need)

Calories: 789.79kcal (39.49%), Fat: 2.31g (3.56%), Saturated Fat: 0.51g (3.16%), Carbohydrates: 191.76g (63.92%), Net Carbohydrates: 174.62g (63.5%), Sugar: 166.07g (184.52%), Cholesterol: 0mg (0%), Sodium: 3529.67mg (153.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.91g (17.83%), Vitamin C: 759.53mg (920.64%), Vitamin A: 12502.77IU (250.06%), Vitamin B6: 2.09mg (104.53%), Manganese: 1.46mg (72.77%), Fiber: 17.14g (68.54%), Folate: 239.82µg (59.96%), Potassium: 1786.15mg (51.03%), Vitamin E: 7mg (46.69%), Vitamin K: 44.75µg (42.62%), Vitamin B1: 0.49mg (32.86%), Vitamin B2: 0.49mg (28.56%), Vitamin B3: 5.45mg (27.26%), Magnesium: 106.35mg (26.59%), Phosphorus: 235.88mg (23.59%), Copper: 0.4mg (20.05%), Iron: 3.56mg (19.75%), Vitamin B5: 1.74mg (17.43%), Calcium: 121.89mg (12.19%), Zinc: 1.79mg (11.93%), Selenium: 2.35µg (3.36%)