

Bip's Ripe Tomato Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



345 min.

SERVINGS



70

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups apple cider vinegar
- 4 large apples cored peeled chopped
- 2 teaspoons ground cinnamon
- 2 teaspoons ground cloves
- 2 teaspoons ground ginger
- 2 tablespoons salt
- 12 large tomatoes peeled chopped
- 4 large onions yellow chopped

Equipment

- paper towels
- knife
- pot
- spatula

Directions

- Combine tomatoes, onions, apple cider vinegar, salt, cloves, ginger, and cinnamon in a large stock pot over medium heat. Bring to a boil, reduce heat to low, and simmer until tomatoes have broken down and liquid has reduced by 1/3, about 2 hours. Stir apples into the relish and simmer, stirring occasionally, until apple pieces have started to break down but are still small pieces, about 30 more minutes.
- Sterilize jars, lids, and rings in boiling water for at least 5 minutes. Pack the tomato relish into the hot, sterilized jars, filling the jars to within 1/4 inch of the top. Run a knife or a thin spatula around the insides of the jars after they have been filled to remove any air bubbles. Wipe the rims of the jars with a moist paper towel to remove any food residue. Top with lids, and screw on rings.
- Place a rack in the bottom of a large stockpot and fill halfway with water. Bring to a boil and lower jars into the boiling water using a holder. Leave a 2-inch space between the jars.
- Pour in more boiling water if necessary to bring the water level to at least 1 inch above the tops of the jars. Bring the water to a rolling boil, cover the pot, and process for 15 minutes.
- Remove the jars from the stockpot and place onto a cloth-covered or wood surface, several inches apart, until cool. Once cool, press the top of each lid with a finger, ensuring that the seal is tight (lid does not move up or down at all). Store in a cool, dark area.

Nutrition Facts



PROTEIN 8.9% **FAT 5.01%** **CARBS 86.09%**

Properties

Glycemic Index:2.03, Glycemic Load:1, Inflammation Score:-3, Nutrition Score:1.8813043457011%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 18.31kcal (0.92%), Fat: 0.1g (0.16%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 3.99g (1.33%), Net Carbohydrates: 3.11g (1.13%), Sugar: 2.55g (2.84%), Cholesterol: 0mg (0%), Sodium: 202.05mg (8.78%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 0.41g (0.83%), Manganese: 0.14mg (7.02%), Vitamin C: 5.5mg (6.66%), Vitamin A: 267.23IU (5.34%), Fiber: 0.88g (3.53%), Potassium: 109.19mg (3.12%), Vitamin K: 2.88µg (2.74%), Vitamin B6: 0.04mg (2.06%), Folate: 6.72µg (1.68%), Magnesium: 5.75mg (1.44%), Copper: 0.03mg (1.34%), Vitamin E: 0.2mg (1.33%), Phosphorus: 12.39mg (1.24%), Vitamin B1: 0.02mg (1.19%), Vitamin B3: 0.21mg (1.07%)