



Butternut Squash and Ginger Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



4

CALORIES



138 kcal

SIDE DISH

Ingredients

- ☐ 5 cups butternut squash shredded peeled seeded
- ☐ 0.3 teaspoon ground pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup spring onion finely chopped
- ☐ 0.3 cup sugar
- ☐ 0.5 cup rice vinegar

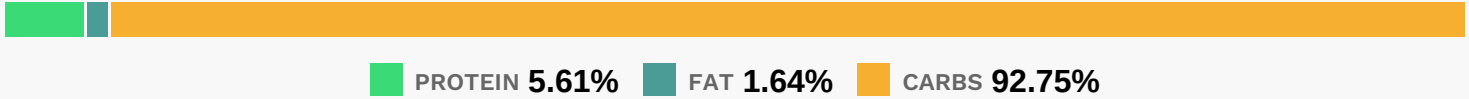
Equipment

- ☐ bowl

Directions

☐ Stir together vinegar, sugar, and salt in a large bowl until sugar and salt are dissolved, then add remaining ingredients and toss well. Chill relish, covered, tossing occasionally, at least 2 hours (to allow flavors to develop) and up to 2 days.

Nutrition Facts



Properties

Glycemic Index:46.02, Glycemic Load:9, Inflammation Score:-10, Nutrition Score:16.074347858844%

Flavonoids

Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 138.34kcal (6.92%), Fat: 0.27g (0.41%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 34.21g (11.4%), Net Carbohydrates: 30.25g (11%), Sugar: 16.74g (18.6%), Cholesterol: 0mg (0%), Sodium: 301.15mg (13.09%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Vitamin A: 18820.68IU (376.41%), Vitamin C: 39.98mg (48.46%), Vitamin K: 36.53µg (34.79%), Manganese: 0.4mg (20.07%), Potassium: 665.47mg (19.01%), Vitamin E: 2.65mg (17.66%), Fiber: 3.97g (15.87%), Magnesium: 63.35mg (15.84%), Folate: 58.05µg (14.51%), Vitamin B6: 0.28mg (14.14%), Vitamin B1: 0.18mg (12.31%), Vitamin B3: 2.2mg (10.99%), Calcium: 98.4mg (9.84%), Iron: 1.5mg (8.33%), Copper: 0.14mg (7.17%), Vitamin B5: 0.71mg (7.13%), Phosphorus: 65.56mg (6.56%), Vitamin B2: 0.05mg (3.05%), Zinc: 0.34mg (2.24%), Selenium: 1.22µg (1.74%)