



Butternut Squash and Ginger Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



4

CALORIES



139 kcal

SIDE DISH

Ingredients

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

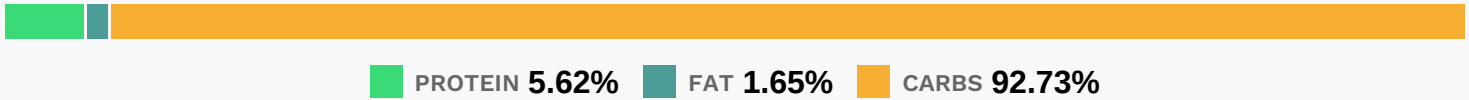
Equipment

☐ 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:49.77, Glycemic Load:9.01, Inflammation Score:-10, Nutrition Score:16.094347953796%

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: 138.74kcal (6.94%), Fat: 0.27g (0.42%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 34.3g (11.43%), Net Carbohydrates: 30.33g (11.03%), Sugar: 16.75g (18.61%), Cholesterol: 0mg (0%), Sodium: 301.22mg (13.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.16%), Vitamin A: 18820.68IU (376.41%), Vitamin C: 40mg (48.49%), Vitamin K: 36.53µg (34.79%), Manganese: 0.4mg (20.13%), Potassium: 667.54mg (19.07%), Vitamin E: 2.65mg (17.67%), Fiber: 3.98g (15.91%), Magnesium: 63.56mg (15.89%), Folate: 58.1µg (14.53%), Vitamin B6: 0.28mg (14.18%), Vitamin B1: 0.18mg (12.31%), Vitamin B3: 2.2mg (11.01%), Calcium: 98.48mg (9.85%), Iron: 1.5mg (8.35%), Copper: 0.14mg (7.22%), Vitamin B5: 0.71mg (7.14%), Phosphorus: 65.73mg (6.57%), Vitamin B2: 0.05mg (3.06%), Zinc: 0.34mg (2.25%), Selenium: 1.22µg (1.75%)