



Carrot and Celery Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



155 min.

SERVINGS



2

CALORIES



367 kcal

SIDE DISH

Ingredients

- 2.5 cups carrots shredded
- 2 cups celery stalks sliced
- 0.5 cup bell pepper green chopped
- 0.7 cup sugar
- 0.5 cup vinegar white
- 2 teaspoons salt
- 1 teaspoon celery seed
- 2 teaspoons cornstarch

2 teaspoons water cold

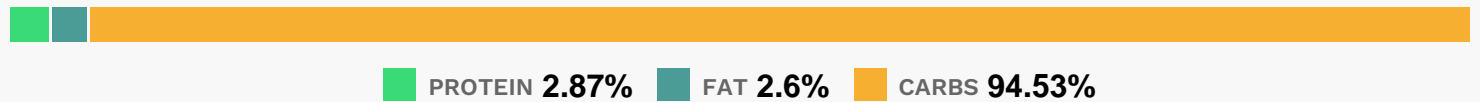
Equipment

slow cooker

Directions

- Mix all ingredients except cornstarch and water in 2- to 3 1/2-quart slow cooker.
- Cover and cook on high heat setting 2 to 2 1/2 hours or until vegetables are tender.
- Mix cornstarch and water; stir into vegetable mixture.
- Cover and cook on high heat setting about 15 minutes or until thickened. Cool about 2 hours.
- Spoon relish into container. Cover and store in refrigerator up to 3 weeks.

Nutrition Facts



Properties

Glycemic Index:104.46, Glycemic Load:52.19, Inflammation Score:-10, Nutrition Score:18.170434651167%

Flavonoids

Apigenin: 3.66mg, Apigenin: 3.66mg, Apigenin: 3.66mg, Apigenin: 3.66mg Luteolin: 10.61mg, Luteolin: 10.61mg, Luteolin: 10.61mg, Luteolin: 10.61mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 366.87kcal (18.34%), Fat: 1.09g (1.67%), Saturated Fat: 0.14g (0.86%), Carbohydrates: 88.72g (29.57%), Net Carbohydrates: 81.86g (29.77%), Sugar: 76.4g (84.89%), Cholesterol: 0mg (0%), Sodium: 2521.77mg (109.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.38%), Vitamin A: 27321.43IU (546.43%), Vitamin C: 42.69mg (51.75%), Vitamin K: 53.47µg (50.92%), Fiber: 6.87g (27.46%), Manganese: 0.5mg (24.94%), Potassium: 856.94mg (24.48%), Vitamin B6: 0.39mg (19.39%), Folate: 70.58µg (17.65%), Calcium: 120.72mg (12.07%), Vitamin B3: 2.11mg (10.53%), Vitamin B2: 0.18mg (10.37%), Vitamin B1: 0.15mg (10.1%), Vitamin E: 1.48mg (9.85%), Magnesium: 39.24mg (9.81%), Phosphorus: 95.97mg (9.6%), Copper: 0.16mg (7.89%), Iron: 1.34mg (7.44%), Vitamin B5: 0.72mg (7.22%), Zinc: 0.65mg (4.36%), Selenium: 1.47µg (2.09%)