

Carrot Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



348 kcal

SIDE DISH

Ingredients

- ☐ 2.3 cups firmly brown sugar packed
- ☐ 1.5 cups ground carrots
- ☐ 0.3 cup celery seeds
- ☐ 4.5 cups cider vinegar
- ☐ 1.5 cups ground cucumbers
- ☐ 3 cups ground cabbage
- ☐ 1 medium size pepper green seeded
- ☐ 1.5 cups ground onion

- ☐ 0.3 cup mustard seeds
- ☐ 1 teaspoon bell pepper red
- ☐ 1 medium size pepper sweet red seeded
- ☐ 0.3 cup salt
- ☐ 5 cups ground tomatoes green unpeeled

Equipment

- ☐ ladle
- ☐ mixing bowl
- ☐ pot

Directions

- ☐ Combine ground vegetables and salt in a large glass mixing bowl, stirring well; cover and refrigerate 4 hours. Rinse in cold water, and drain.
- ☐ Combine vegetables, vinegar, sugar, celery and mustard seeds, and red pepper in a large non-aluminum stockpot, stirring well; bring to a boil. Reduce heat; simmer, uncovered, 20 minutes or until vegetables are tender, stirring frequently.
- ☐ Quickly ladle relish into hot sterilized jars, leaving 1/2-inch head space.
- ☐ Remove air bubbles. Cover with metal lids, and screw bands tight. Process in boiling water bath 10 minutes.
- ☐ Serve with meats or vegetables.

Nutrition Facts



Properties

Glycemic Index:21.98, Glycemic Load:1.55, Inflammation Score:-10, Nutrition Score:20.777826060419%

Flavonoids

Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 21.64mg, Luteolin: 21.64mg, Luteolin: 21.64mg, Luteolin: 21.64mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.39mg, Quercetin:

0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 348.11kcal (17.41%), Fat: 2.74g (4.22%), Saturated Fat: 0.24g (1.48%), Carbohydrates: 76.12g (25.37%), Net Carbohydrates: 70.12g (25.5%), Sugar: 57.89g (64.32%), Cholesterol: 0mg (0%), Sodium: 2896.06mg (125.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.51%), Vitamin A: 4255.09IU (85.1%), Vitamin C: 60.58mg (73.43%), Manganese: 1.03mg (51.43%), Vitamin K: 31.41µg (29.92%), Fiber: 6.01g (24.02%), Potassium: 734.6mg (20.99%), Calcium: 206.43mg (20.64%), Iron: 3.63mg (20.15%), Vitamin B6: 0.38mg (18.96%), Magnesium: 75.44mg (18.86%), Selenium: 12.74µg (18.2%), Phosphorus: 161.19mg (16.12%), Copper: 0.32mg (15.76%), Vitamin B1: 0.22mg (14.54%), Folate: 48.7µg (12.17%), Zinc: 1.41mg (9.4%), Vitamin B5: 0.87mg (8.69%), Vitamin E: 1.04mg (6.9%), Vitamin B3: 1.27mg (6.34%), Vitamin B2: 0.11mg (6.27%)