



Cherry-Lemon Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



111 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds cherries frozen pitted
- ☐ 1 stick cinnamon
- ☐ 8 servings kosher salt
- ☐ 1 teaspoons juice of lemon fresh
- ☐ 2 lemons
- ☐ 0.5 cup sugar
- ☐ 1 cup water

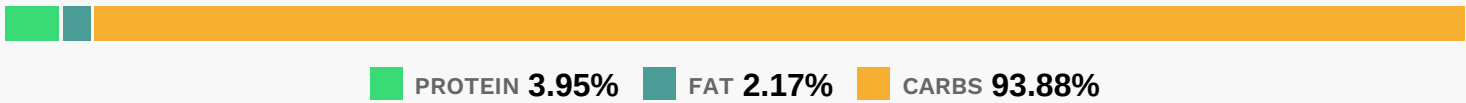
Equipment

- ☐ food processor
- ☐ bowl
- ☐ knife
- ☐ pot
- ☐ measuring cup
- ☐ peeler

Directions

- ☐ Watch how to make this recipe.
- ☐ Using a vegetable peeler or paring knife, gently peel off the rind of both lemons, being sure to not include any of the white pithy parts.
- ☐ Add the lemon peels, water, sugar, and the cinnamon stick to a small pot over medium heat. Bring to a boil, then reduce the heat and simmer until the lemon peels are tender and slightly translucent, about 6 to 8 minutes. Strain the lemon peels, discard the cinnamon stick and reserve the liquid in a measuring cup.
- ☐ In a food processor add the cherries, lemon peels, and a tiny pinch of salt, to taste. Pulse while slowly adding the reserved liquid, about 1/4 to 1/2 cup, until the consistency of cranberry sauce or relish is achieved. Use the remaining reserved liquid to flavor iced tea, if desired. Taste and add fresh lemon juice to balance the sweetness. Spoon the relish into a bowl, cover and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:15.32, Glycemic Load:11.78, Inflammation Score:-3, Nutrition Score:3.5060869364635%

Flavonoids

Cyanidin: 25.69mg, Cyanidin: 25.69mg, Cyanidin: 25.69mg, Cyanidin: 25.69mg Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg Peonidin: 1.28mg, Peonidin: 1.28mg, Peonidin: 1.28mg, Peonidin: 1.28mg Catechin: 3.71mg, Catechin: 3.71mg, Catechin: 3.71mg, Catechin: 3.71mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 4.25mg, Epicatechin: 4.25mg, Epicatechin: 4.25mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg,

Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Eriodictyol: 5.8mg, Eriodictyol: 5.8mg, Eriodictyol: 5.8mg, Eriodictyol: 5.8mg Hesperetin: 7.62mg, Hesperetin: 7.62mg, Hesperetin: 7.62mg, Hesperetin: 7.62mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 110.75kcal (5.54%), Fat: 0.3g (0.46%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 28.97g (9.66%), Net Carbohydrates: 26.19g (9.52%), Sugar: 24.06g (26.73%), Cholesterol: 0mg (0%), Sodium: 195.98mg (8.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.44%), Vitamin C: 20.52mg (24.88%), Fiber: 2.78g (11.1%), Manganese: 0.15mg (7.26%), Potassium: 228.89mg (6.54%), Copper: 0.07mg (3.42%), Vitamin B6: 0.06mg (3.21%), Magnesium: 12.12mg (3.03%), Iron: 0.51mg (2.85%), Calcium: 23.63mg (2.36%), Vitamin B1: 0.03mg (2.27%), Phosphorus: 22.51mg (2.25%), Vitamin B5: 0.22mg (2.23%), Vitamin B2: 0.04mg (2.12%), Vitamin K: 1.92µg (1.83%), Folate: 6.52µg (1.63%), Vitamin A: 61.7IU (1.23%)