



Chipotle Tricolor Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



753 kcal

SIDE DISH

Ingredients

- ☐ 7 oz chipotle sauce drained finely chopped for other uses canned (reserve sauce)
- ☐ 1 quart cider vinegar
- ☐ 3.3 pounds bell peppers green (7)
- ☐ 1 tablespoon lemon zest grated
- ☐ 3.3 pounds bell peppers red (7)
- ☐ 1 tablespoon salt
- ☐ 4 cups sugar
- ☐ 3.3 pounds bell peppers yellow (7)

- ☐ 6 servings canning instructions
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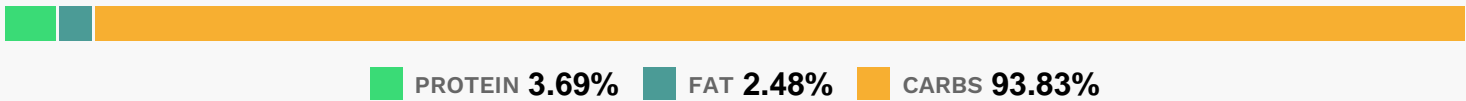
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Follow steps 1 through 4 of Canning Instructions, using seven pint-size jars.
- ☐ Stem, seed, and coarsely chop yellow, red, and green bell peppers; you should have 1 1/2 quarts of each.
- ☐ In an 8- to 10-quart pan, combine bell peppers, vinegar, sugar, chipotle chiles, lemon peel, and salt; bring to a boil over high heat, stirring occasionally. Reduce heat to medium and stir often until mixture is thick and reduced by 1/3, about 1 1/4 hours.
- ☐ Follow steps 5 through 11 of Canning Instructions, leaving 1/2 inch of headspace in each jar and processing jars for 10 minutes (see Notes).
- ☐ Add butter to jams and jellies to prevent foam from forming during cooking. If you omit the butter, skim off the foam before ladling jam or jelly into jars. The recipe will yield about 1/4 cup less.
- ☐ Measure all the sugar into a bowl before beginning the recipe. Many canning recipes call for a large volume of sugar to be added when a mixture is already boiling; measuring ahead simplifies this step and prevents mistakes.
- ☐ Use a ruler to measure volume. Some recipes call for a mixture to be reduced by a certain amount. To ascertain this easily, insert a clean, wood ruler into the pan before cooking and measure how far up the mixture comes. Then cook as directed until it has reduced by the percentage specified. For example, if uncooked mixture measures 4 inches in pan and recipe says to reduce by half, cook it down to 2 inches.

Nutrition Facts



Properties

Glycemic Index:25.35, Glycemic Load:97.58, Inflammation Score:-10, Nutrition Score:33.656521558762%

Flavonoids

Luteolin: 15.98mg, Luteolin: 15.98mg, Luteolin: 15.98mg, Luteolin: 15.98mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 8.77mg, Quercetin: 8.77mg, Quercetin: 8.77mg, Quercetin: 8.77mg

Nutrients (% of daily need)

Calories: 752.93kcal (37.65%), Fat: 2.14g (3.3%), Saturated Fat: 0.37g (2.33%), Carbohydrates: 182.75g (60.92%), Net Carbohydrates: 167.5g (60.91%), Sugar: 152.58g (169.53%), Cholesterol: 0mg (0%), Sodium: 1195.03mg (51.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.2g (14.39%), Vitamin C: 988.86mg (1198.62%), Vitamin A: 9328.52IU (186.57%), Vitamin B6: 1.72mg (86.14%), Manganese: 1.29mg (64.28%), Fiber: 15.26g (61.03%), Folate: 206.77µg (51.69%), Potassium: 1626.58mg (46.47%), Vitamin E: 4.92mg (32.78%), Vitamin B3: 5.92mg (29.62%), Vitamin K: 31µg (29.52%), Copper: 0.5mg (25.13%), Iron: 4.29mg (23.85%), Magnesium: 93.74mg (23.44%), Vitamin B1: 0.35mg (23.39%), Vitamin B2: 0.37mg (21.99%), Phosphorus: 189.14mg (18.91%), Vitamin B5: 1.47mg (14.75%), Zinc: 1.47mg (9.79%), Calcium: 84.99mg (8.5%), Selenium: 1.98µg (2.82%)