

Chow Chow I

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



780 min.

SERVINGS



96

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 bell peppers green chopped
- 6 chile peppers green chopped
- 12.5 pounds tomatoes green chopped
- 1 tablespoon ground allspice
- 1 tablespoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.5 cup horseradish prepared
- 8 large onions chopped

- 3 teaspoons salt
- 1 quart distilled vinegar white
- 1.8 cups sugar white

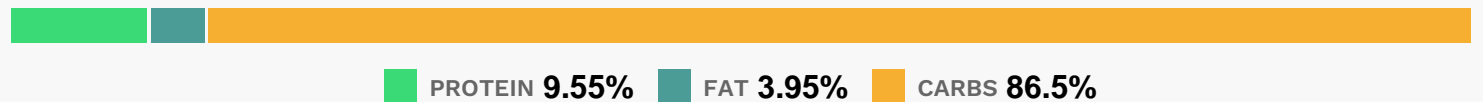
Equipment

- bowl
- cheesecloth

Directions

- In a large bowl combine tomatoes, onions, bell peppers and salt.
- Let stand overnight.
- Drain the tomato/pepper mixture and add the hot chile peppers, vinegar, sugar, and horseradish. Wrap the cinnamon, allspice, and cloves in cheesecloth or a porous bag, and add to tomato/pepper mixture.
- Boil for 15 minutes, or until tender.
- Pack tightly in sterilized jars and seal.

Nutrition Facts



Properties

Glycemic Index:2.21, Glycemic Load:2.88, Inflammation Score:-4, Nutrition Score:4.0656522486521%

Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 38.62kcal (1.93%), Fat: 0.18g (0.28%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 8.83g (2.94%), Net Carbohydrates: 7.57g (2.75%), Sugar: 7.03g (7.81%), Cholesterol: 0mg (0%), Sodium: 96.14mg (4.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.95%), Vitamin C: 25.39mg (30.77%), Vitamin A: 425.91IU (8.52%), Vitamin K: 6.98µg (6.65%), Manganese: 0.12mg (5.86%), Fiber: 1.27g (5.07%), Potassium: 164.85mg (4.71%), Vitamin B6: 0.09mg (4.59%), Copper: 0.07mg (3.42%), Vitamin B5: 0.32mg (3.24%), Vitamin B1: 0.05mg (3.23%), Folate:

9.67µg (2.42%), Phosphorus: 23.55mg (2.36%), Magnesium: 8.98mg (2.25%), Iron: 0.39mg (2.18%), Vitamin B3: 0.38mg (1.89%), Vitamin B2: 0.03mg (1.86%), Vitamin E: 0.28mg (1.84%), Calcium: 14.45mg (1.44%)