



Chowchow



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



245 min.

SERVINGS



25

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups cabbage fresh chopped
- ☐ 0.3 teaspoon celery seed
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.8 cup tomatoes green chopped
- ☐ 0.3 teaspoon turmeric
- ☐ 0.8 teaspoon mustard seeds
- ☐ 0.8 cup onion chopped
- ☐ 0.5 cup bell pepper red chopped

- ☐ 1 tablespoon salt
- ☐ 0.8 cup sugar
- ☐ 0.5 cup vinegar white

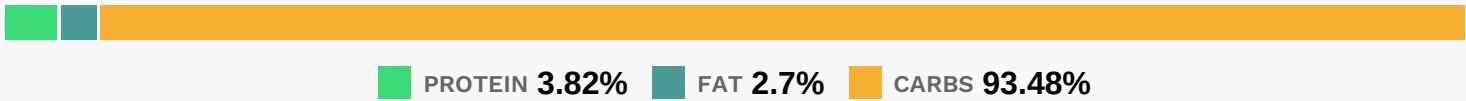
Equipment

- ☐ dutch oven

Directions

- ☐ Stir together cabbage, onion, green tomatoes, chopped green and red bell peppers, and pickling salt. Cover and chill 2 to 8 hours.
- ☐ Transfer mixture to a Dutch oven. Stir in sugar, vinegar, 1/4 cup water, mustard seeds, celery seeds, turmeric, and, if desired, dried crushed red pepper. Bring to a boil over medium-high heat; reduce heat to medium, and simmer 3 minutes. Cool to room temperature (about 30 minutes). Stir in jalapeo pepper, if desired. Cover and chill 1 to 8 hours before serving.

Nutrition Facts



Properties

Glycemic Index:9.52, Glycemic Load:4.46, Inflammation Score:-3, Nutrition Score:1.733043446489%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 31.26kcal (1.56%), Fat: 0.1g (0.15%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 7.55g (2.52%), Net Carbohydrates: 7.07g (2.57%), Sugar: 6.88g (7.65%), Cholesterol: 0mg (0%), Sodium: 281.89mg (12.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.62%), Vitamin C: 10.92mg (13.23%), Vitamin K: 7.32µg (6.97%), Vitamin A: 147.36IU (2.95%), Manganese: 0.04mg (2.05%), Fiber: 0.48g (1.93%), Vitamin B6: 0.04mg (1.84%), Folate: 6.83µg (1.71%), Potassium: 45.54mg (1.3%)