

RECIPES AND SECRETS FROM A  
LEGENDARY BARBECUE JOINT

## Cook the Book: Big Mama's Chow-Chow



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



853 kcal

SIDE DISH

### Ingredients

- ☐ 1 medium head cabbage shredded cored
- ☐ 1 tablespoon celery seed
- ☐ 4 bell pepper diced green cored seeded
- ☐ 2 tomatoes diced green husked
- ☐ 1 teaspoon turmeric
- ☐ 2 onion diced
- ☐ 0.5 cup salt
- ☐ 2.5 cups sugar

☐ 3 cups vinegar white

Equipment

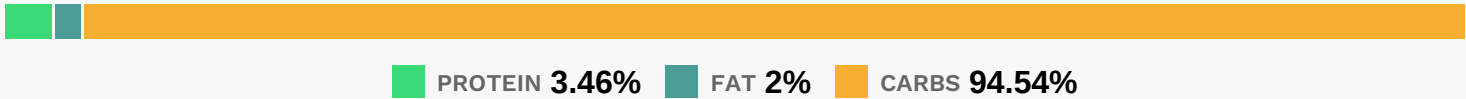
☐ pot

☐ colander

Directions

- ☐ In a medium nonreactive stockpot, combine the cabbage, bell peppers, onions, and tomatoes (the raw vegetables should equal 2 1/2 to 3 quarts). Stir in the salt, cover the pot, and let the vegetables stand at room temperature for 4 to twelve hours.
- ☐ Drain well in a colander.
- ☐ Rinse the pot and add the vinegar, sugar, celery seed, and turmeric. Bring to a boil.
- ☐ Add the drained vegetables, return to a boil, then reduce heat and simmer for 1 hour stirring occasionally.
- ☐ Serve hot or cold.

Nutrition Facts



Properties

Glycemic Index:68.7, Glycemic Load:122.79, Inflammation Score:-10, Nutrition Score:28.184347712475%

Flavonoids

Apigenin: 1.82mg, Apigenin: 1.82mg, Apigenin: 1.82mg, Apigenin: 1.82mg Luteolin: 23.04mg, Luteolin: 23.04mg, Luteolin: 23.04mg, Luteolin: 23.04mg Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 19.24mg, Quercetin: 19.24mg, Quercetin: 19.24mg, Quercetin: 19.24mg

Nutrients (% of daily need)

Calories: 853.36kcal (42.67%), Fat: 1.91g (2.95%), Saturated Fat: 0.31g (1.96%), Carbohydrates: 203.31g (67.77%), Net Carbohydrates: 190.52g (69.28%), Sugar: 186.35g (207.06%), Cholesterol: 0mg (0%), Sodium: 18945.28mg (823.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.44g (14.89%), Vitamin C: 263.47mg (319.36%), Vitamin K: 250.43µg (238.51%), Manganese: 1.25mg (62.68%), Fiber: 12.79g (51.16%), Vitamin B6: 0.91mg (45.75%),

Folate: 167.79µg (41.95%), Potassium: 1123.71mg (32.11%), Vitamin A: 1412.63IU (28.25%), Vitamin B1: 0.37mg (24.39%), Calcium: 229.67mg (22.97%), Iron: 4.03mg (22.38%), Magnesium: 80.84mg (20.21%), Phosphorus: 177.58mg (17.76%), Copper: 0.34mg (16.88%), Vitamin B2: 0.26mg (15.12%), Vitamin B5: 1.3mg (12.99%), Vitamin B3: 2.06mg (10.3%), Vitamin E: 1.41mg (9.4%), Zinc: 1.19mg (7.94%), Selenium: 4.2µg (6%)