

Corn Chowchow



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



122 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaves
- ☐ 0.3 teaspoon peppercorns black crushed
- ☐ 1.5 cups ears corn fresh (2 ears)
- ☐ 0.5 cup tomatoes diced green
- ☐ 2 tablespoons jalapeno minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup bell pepper diced red
- ☐ 3 tablespoons shallots minced

- ☐ 0.5 cup sugar
- ☐ 0.5 cup tomatillos diced
- ☐ 0.5 cup water
- ☐ 1 cup citrus champagne vinegar

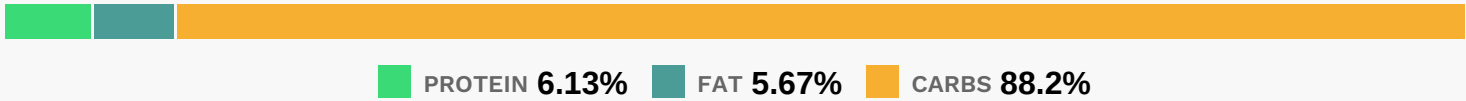
Equipment

- ☐ sauce pan

Directions

- ☐ Place first 6 ingredients in a medium saucepan; bring to a boil.
- ☐ Add corn and the remaining ingredients; simmer 15 minutes.
- ☐ Remove and discard bay leaf.
- ☐ Serve chowchow chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:32.68, Glycemic Load:12.23, Inflammation Score:-7, Nutrition Score:7.3299998511439%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 121.9kcal (6.09%), Fat: 0.79g (1.22%), Saturated Fat: 0.16g (1%), Carbohydrates: 27.69g (9.23%), Net Carbohydrates: 25.71g (9.35%), Sugar: 21.58g (23.98%), Cholesterol: 0mg (0%), Sodium: 207.41mg (9.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.85%), Vitamin C: 45.59mg (55.26%), Vitamin A: 1010.29IU (20.21%), Manganese: 0.18mg (9.12%), Vitamin B6: 0.16mg (8.17%), Folate: 31.88µg (7.97%), Fiber: 1.97g (7.89%), Potassium: 257.89mg (7.37%), Vitamin B3: 1.24mg (6.2%), Magnesium: 24.02mg (6.01%), Vitamin B1: 0.09mg (5.91%), Phosphorus: 55mg (5.5%), Vitamin K: 5.22µg (4.97%), Vitamin E: 0.7mg (4.66%), Vitamin B5: 0.46mg (4.63%), Iron: 0.73mg (4.04%), Vitamin B2: 0.06mg (3.47%), Copper: 0.06mg (3.18%), Zinc: 0.31mg (2.06%), Calcium: 11.85mg (1.19%)