



Corn Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



249 min.

SERVINGS



2

CALORIES



381 kcal

SIDE DISH

Ingredients

- ☐ 15.3 ounces corn whole drained canned
- ☐ 2 tablespoons bell pepper green chopped
- ☐ 1 tablespoon onion finely chopped
- ☐ 2 ounces pimientos diced drained
- ☐ 0.5 cup sugar
- ☐ 0.5 cup apple cider vinegar white
- ☐ 0.5 teaspoon celery seed
- ☐ 0.3 teaspoon salt

- ☐ 0.3 teaspoon mustard seeds
- ☐ 0.3 teaspoon hot sauce red

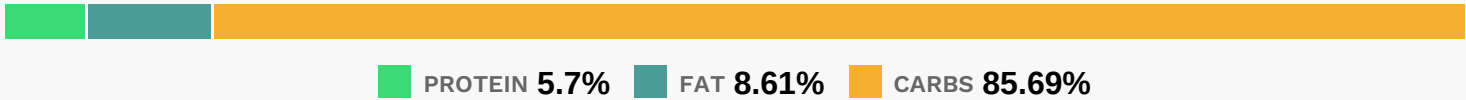
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Mix corn, bell pepper, onion and pimientos in medium heatproof glass or plastic bowl.
- ☐ Heat remaining ingredients to boiling in 1-quart saucepan, stirring occasionally. Boil 2 minutes.
- ☐ Pour over corn mixture.
- ☐ Cover and refrigerate at least 4 hours to blend flavors but no longer than 5 days. Black Bean-Corn Relish: Stir in 1 can (15 ounces) black beans, rinsed and drained. Makes 3 1/2 cups relish.

Nutrition Facts



Properties

Glycemic Index:96.05, Glycemic Load:35.76, Inflammation Score:-7, Nutrition Score:8.1326087389303%

Flavonoids

Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 4.25mg, Luteolin: 4.25mg, Luteolin: 4.25mg, Luteolin: 4.25mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 380.73kcal (19.04%), Fat: 3.64g (5.6%), Saturated Fat: 0.52g (3.22%), Carbohydrates: 81.49g (27.16%), Net Carbohydrates: 80.49g (29.27%), Sugar: 51.55g (57.28%), Cholesterol: 0mg (0%), Sodium: 665.88mg (28.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.42g (10.84%), Vitamin C: 41.49mg (50.29%), Manganese: 0.36mg (18.19%), Folate: 67.24µg (16.81%), Vitamin A: 788.38IU (15.77%), Potassium: 384.21mg (10.98%), Phosphorus: 108.57mg (10.86%), Vitamin B3: 1.98mg (9.92%), Magnesium: 33.8mg (8.45%), Iron: 1.51mg (8.39%), Copper: 0.11mg (5.5%), Vitamin B6: 0.11mg (5.41%), Zinc: 0.78mg (5.19%), Vitamin B2: 0.07mg (4.08%), Fiber: 1g (4.01%), Vitamin K: 3.63µg (3.46%), Vitamin B1: 0.05mg (3.39%), Calcium: 23.12mg (2.31%), Vitamin E: 0.3mg (1.99%), Selenium: 1.28µg (1.83%)