

Corn Relish



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



3

CALORIES



583 kcal

SIDE DISH

Ingredients

- ☐ 1 large cucumbers peeled seeded roughly chopped
- ☐ 2 cups onions chopped
- ☐ 1 bell peppers red seeded chopped
- ☐ 4 cups corn kernels (cut from 4-6 ears, depending on how big the ears are)
- ☐ 2 roma tomatoes diced
- ☐ 1 serano chile peppers green red minced seeded
- ☐ 1.3 cups sugar
- ☐ 2 tablespoons kosher salt

- ☐ 0.5 teaspoon pepper black
- ☐ 1.5 cups apple cider vinegar 5% (acidity)
- ☐ 0.5 teaspoon turmeric
- ☐ 2 teaspoons mustard seeds
- ☐ 0.5 teaspoon ground cumin

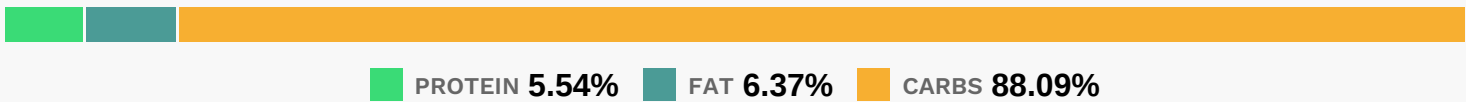
Equipment

- ☐ food processor
- ☐ pot
- ☐ canning jar

Directions

- ☐ Pulse cucumbers, onions, bell peppers: Working in batches if necessary, pulse the cucumbers, onions, and bell peppers in a food processor just 3 or 4 pulses, so they are still distinguishable from each other, not puréed.
- ☐ Place mixture in a medium-sized (4 to 6-quart), thick-bottomed pot.
- ☐ Add the corn, tomatoes, serano chiles, sugar, salt, pepper, vinegar, turmeric, mustard seed, and ground cumin. Bring to a boil. Reduce heat to a simmer. Cover and cook for 25 minutes.
- ☐ Scoop into jars: Spoon the corn relish into clean jars and seal. Will last for 4–6 weeks refrigerated.
- ☐ If you would like to store your pickles outside of the refrigerator, sterilize canning jars before canning, and process the relish-filled jars in a hot water bath for 15 minutes after canning. Review more detailed canning instructions in our recipe for bread and butter pickles.
- ☐ Serve with hot dogs, in tacos, or with pork.

Nutrition Facts



Properties

Glycemic Index:103.03, Glycemic Load:62.49, Inflammation Score:-10, Nutrition Score:21.459565411443%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 21.98mg, Quercetin: 21.98mg, Quercetin: 21.98mg, Quercetin: 21.98mg

Nutrients (% of daily need)

Calories: 583.48kcal (29.17%), Fat: 4.3g (6.62%), Saturated Fat: 0.69g (4.34%), Carbohydrates: 133.82g (44.61%), Net Carbohydrates: 124.99g (45.45%), Sugar: 102.87g (114.3%), Cholesterol: 0mg (0%), Sodium: 5118.19mg (222.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.41g (16.82%), Vitamin C: 92.62mg (112.27%), Manganese: 1.02mg (50.81%), Vitamin A: 1903.48IU (38.07%), Folate: 145.6µg (36.4%), Fiber: 8.83g (35.31%), Potassium: 924.69mg (26.42%), Vitamin B6: 0.5mg (24.86%), Phosphorus: 207.01mg (20.7%), Magnesium: 78.98mg (19.74%), Vitamin B2: 0.32mg (19.1%), Vitamin B3: 3.3mg (16.48%), Vitamin B1: 0.23mg (15.03%), Vitamin K: 15.17µg (14.45%), Copper: 0.27mg (13.59%), Vitamin B5: 1.35mg (13.45%), Iron: 2.35mg (13.07%), Selenium: 6.9µg (9.85%), Zinc: 1.47mg (9.82%), Vitamin E: 1.33mg (8.84%), Calcium: 75.76mg (7.58%)