



## Corn Relish II

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



120 min.

SERVINGS



14

CALORIES



131 kcal

SIDE DISH

### Ingredients

- 2 cups apple cider vinegar
- 1 teaspoon celery seed
- 0.5 cucumber chopped
- 8 ears corn husked cleaned
- 1.5 cups bell peppers green chopped
- 1 teaspoon mustard seed
- 1 cup onion chopped
- 0.8 cup bell pepper red chopped

- 1 tablespoon salt
- 2 pounds tomatoes peeled seeded coarsely chopped
- 1 cup sugar white

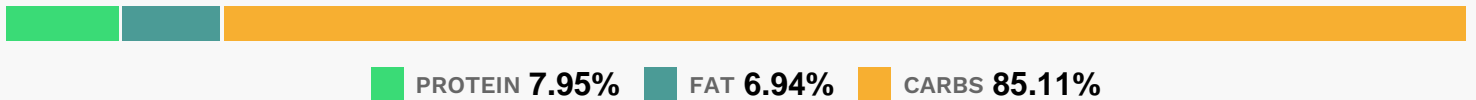
## Equipment

- bowl
- sauce pan

## Directions

- Cut the corn from the cobs. Scrape the cobs with a large spoon to remove remaining juices.
- In a large saucepan, mix the corn kernels and juice, tomatoes, green bell peppers, red bell peppers, cucumber and onion.
- In a medium bowl, mix the sugar, apple cider vinegar, salt, celery seed and mustard seed.
- Pour into the saucepan over vegetable mixture. Bring to a boil, then simmer 1 hour.
- Transfer the finished relish to sterile jars. Refrigerate until serving.

## Nutrition Facts



## Properties

Glycemic Index:16.58, Glycemic Load:11.17, Inflammation Score:-7, Nutrition Score:8.149565142134%

## Flavonoids

Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 1.89mg, Luteolin: 1.89mg, Luteolin: 1.89mg, Luteolin: 1.89mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

## Nutrients (% of daily need)

Calories: 130.84kcal (6.54%), Fat: 1.06g (1.64%), Saturated Fat: 0.21g (1.33%), Carbohydrates: 29.32g (9.77%), Net Carbohydrates: 26.77g (9.73%), Sugar: 20.68g (22.98%), Cholesterol: 0mg (0%), Sodium: 512.85mg (22.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.48%), Vitamin C: 36.66mg (44.43%), Vitamin A: 953.02IU (19.06%), Manganese: 0.31mg (15.58%), Potassium: 397.36mg (11.35%), Fiber: 2.56g (10.23%), Folate:

40.62µg (10.16%), Vitamin B6: 0.18mg (9%), Magnesium: 34.28mg (8.57%), Vitamin B1: 0.13mg (8.53%), Phosphorus: 77.44mg (7.74%), Vitamin B3: 1.48mg (7.41%), Vitamin K: 7.67µg (7.31%), Vitamin B5: 0.51mg (5.09%), Copper: 0.1mg (4.87%), Iron: 0.74mg (4.12%), Vitamin E: 0.59mg (3.93%), Vitamin B2: 0.06mg (3.61%), Zinc: 0.46mg (3.1%), Calcium: 19.73mg (1.97%), Selenium: 0.97µg (1.38%)