



Crunchy Chow-Chow

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup carrots finely chopped
- 0.3 teaspoon celery seed
- 6 tablespoons cider vinegar
- 1 cup cucumber finely chopped
- 1 cup corn kernels fresh
- 1 cup bell pepper green finely chopped
- 1 cup tomatoes green finely chopped
- 1 teaspoon ground turmeric

- 1 jalapeno seeded finely chopped
- 1 cup onion finely chopped
- 1 cup bell pepper red finely chopped
- 1 tablespoon salt
- 6 tablespoons sugar
- 3 tablespoons water

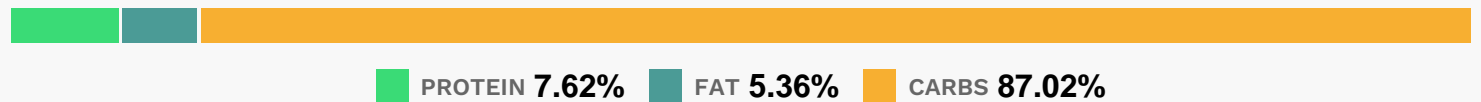
Equipment

- bowl
- sauce pan

Directions

- Combine first 9 ingredients in a glass bowl. Cover and refrigerate for 8 hours.
- Drain well.
- Combine vegetable mixture, sugar, and remaining ingredients in a large saucepan. Cook over medium heat 5 minutes or just until heated.
- Serve chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:13.9, Glycemic Load:3.04, Inflammation Score:-9, Nutrition Score:4.010000075983%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 33.81kcal (1.69%), Fat: 0.22g (0.33%), Saturated Fat: 0.05g (0.28%), Carbohydrates: 7.86g (2.62%), Net Carbohydrates: 6.93g (2.52%), Sugar: 5.68g (6.31%), Cholesterol: 0mg (0%), Sodium: 356.94mg (15.52%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.38%), Vitamin A: 1413.85IU (28.28%), Vitamin C: 20.17mg (24.45%), Manganese: 0.09mg (4.26%), Vitamin B6: 0.08mg (3.96%), Fiber: 0.93g (3.73%), Potassium: 115.94mg (3.31%), Vitamin K: 3.35µg (3.19%), Folate: 11.92µg (2.98%), Vitamin B1: 0.04mg (2.36%), Magnesium: 8.25mg (2.06%), Phosphorus: 19.3mg (1.93%), Vitamin B3: 0.37mg (1.86%), Vitamin E: 0.26mg (1.73%), Vitamin B5: 0.17mg (1.73%), Copper: 0.03mg (1.57%), Vitamin B2: 0.03mg (1.47%), Iron: 0.26mg (1.44%)