



Denver Summer Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



504 kcal

SIDE DISH

Ingredients

- 2 jalapeño chilies fresh stemmed rinsed seeded chopped
- 2 tablespoons ginger fresh minced
- 1 cup golden raisins
- 2 cups onions diced ()
- 1 pound roma tomatoes cored rinsed cut into 1/4-inch dice
- 3 servings salt
- 1 cup sugar
- 1 cup white vinegar (distilled, rice, or wine)

Equipment

frying pan

Directions

- In a 5- to 6-quart pan, combine tomatoes, onions, raisins, vinegar, sugar, ginger, and chilies. Boil over high heat, stirring often, until mixture is reduced to 3 cups, about 20 minutes.
- Let cool at least 20 minutes. Season to taste with salt; stir and serve.

Nutrition Facts



Properties

Glycemic Index:100.59, Glycemic Load:72.08, Inflammation Score:-9, Nutrition Score:16.21086935375%

Flavonoids

Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg Kaempferol: 2.14mg, Kaempferol: 2.14mg, Kaempferol: 2.14mg, Kaempferol: 2.14mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 23.69mg, Quercetin: 23.69mg, Quercetin: 23.69mg, Quercetin: 23.69mg

Nutrients (% of daily need)

Calories: 503.55kcal (25.18%), Fat: 1.01g (1.56%), Saturated Fat: 0.18g (1.14%), Carbohydrates: 124.19g (41.4%), Net Carbohydrates: 118.08g (42.94%), Sugar: 105.34g (117.05%), Cholesterol: 0mg (0%), Sodium: 217.09mg (9.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.58%), Vitamin C: 73.5mg (89.09%), Vitamin A: 1547.21IU (30.94%), Manganese: 0.58mg (28.78%), Potassium: 993.68mg (28.39%), Vitamin B6: 0.56mg (28.22%), Fiber: 6.1g (24.42%), Copper: 0.37mg (18.27%), Vitamin K: 18.27µg (17.4%), Phosphorus: 140.69mg (14.07%), Magnesium: 53.98mg (13.49%), Folate: 51.81µg (12.95%), Vitamin B2: 0.19mg (11.17%), Iron: 1.89mg (10.53%), Vitamin B3: 1.98mg (9.91%), Vitamin B1: 0.13mg (8.78%), Calcium: 76.1mg (7.61%), Vitamin E: 1.11mg (7.43%), Zinc: 0.7mg (4.68%), Vitamin B5: 0.4mg (4.03%), Selenium: 1.88µg (2.69%)