

Fresh Horseradish Relish with Apples and Cranberries

 **Gluten Free**  **Dairy Free**  **Vegan**  **Vegetarian**  **Pescatarian**  **Keto**  **Paleo**  **Mediterranean**  **Asian**  **Mexican**  **Indian**  **Middle Eastern**  **Latin American**  **African**  **European**  **American**  **Other**

READY IN

ready

40 min.

SERVINGS

servings

40

CALORIES

calories

27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 medium beet peeled
- ☐ 1 large carrots
- ☐ 1 cup cranberries fresh
- ☐ 1 large apples i use 2 granny smith apples cored peeled
- ☐ 1 pound horseradish peeled
- ☐ 40 servings salt
- ☐ 1 cup sugar

☐ 0.8 cup distilled vinegar white

Equipment

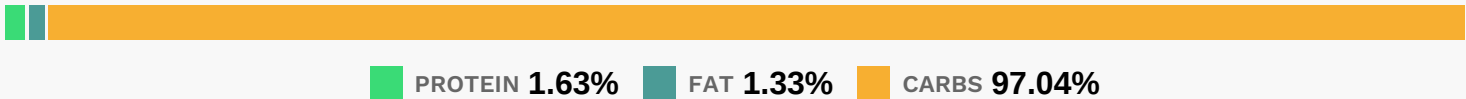
☐ food processor

☐ bowl

Directions

- ☐ In a food processor fitted with the shredding disk, separately shred horseradish root, carrot, beet and apple; transfer to a large bowl. Using the blade of the food processor, pulse cranberries with sugar until finely chopped.
- ☐ Mix the cranberry mixture into the shredded fruit and vegetables along with vinegar; season with salt. Allow to stand in the refrigerator for 3 days or up to 1 week before serving.

Nutrition Facts



Properties

Glycemic Index:7.7, Glycemic Load:4.03, Inflammation Score:-2, Nutrition Score:0.72739130841649%

Flavonoids

Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.23mg, Peonidin: 1.23mg, Peonidin: 1.23mg, Peonidin: 1.23mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 26.73kcal (1.34%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0.02%), Carbohydrates: 6.63g (2.21%), Net Carbohydrates: 6.24g (2.27%), Sugar: 6.05g (6.72%), Cholesterol: 0mg (0%), Sodium: 198.6mg (8.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.22%), Vitamin A: 306.62IU (6.13%), Fiber: 0.39g (1.57%), Manganese: 0.03mg (1.54%), Folate: 5.17µg (1.29%), Vitamin C: 0.92mg (1.12%)