



Fuyu Persimmon Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



308 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup currants dried
- ☐ 4 firm-ripe fuyu persimmons diced seeded finely (3 cups total)
- ☐ 1 tablespoon mustard seed
- ☐ 0.5 tablespoon olive oil
- ☐ 1 onion finely chopped
- ☐ 1.5 teaspoons sea salt
- ☐ 0.5 cup cooking sherry

☐ 0.3 cup sherry wine vinegar

Equipment

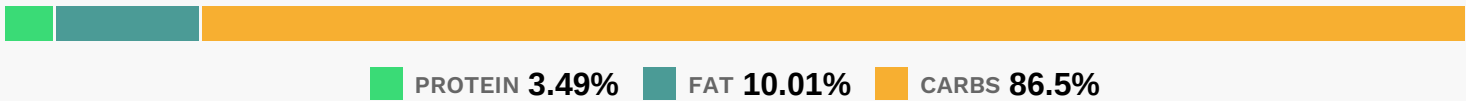
☐ food processor

☐ frying pan

Directions

- ☐ In heavy medium skillet over moderate heat, heat oil until hot but not smoking.
- ☐ Add onion and sauté until soft, about 5 minutes.
- ☐ Add mustard seed and sherry, then bring to boil and reduce until no liquid remains, 1 to 2 minutes.
- ☐ Add sherry vinegar, persimmons, and 1 cup water, then bring to boil and reduce by 3/4, about 8 minutes.
- ☐ Add currants and continue cooking until almost no liquid remains and currants are plumped, about 3 minutes.
- ☐ Remove from heat and stir in salt and pepper.
- ☐ Transfer 1/2 relish to food processor and pulse until smooth, about 30 seconds. Return processed relish to skillet and stir to combine.
- ☐ Transfer to airtight container and refrigerate at least 24 hours and up to 3 days.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:30.49, Inflammation Score:-6, Nutrition Score:9.4486956103988%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 307.97kcal (15.4%), Fat: 3.47g (5.34%), Saturated Fat: 0.32g (1.99%), Carbohydrates: 67.53g (22.51%), Net Carbohydrates: 66.27g (24.1%), Sugar: 7.25g (8.05%), Cholesterol: 0mg (0%), Sodium: 881.84mg (38.34%), Alcohol: 3.09g (100%), Alcohol %: 1.53% (100%), Protein: 2.73g (5.45%), Vitamin C: 113.61mg (137.71%), Iron: 4.87mg (27.06%), Potassium: 681.82mg (19.48%), Manganese: 0.22mg (11.06%), Phosphorus: 90.32mg (9.03%), Selenium: 5.97µg (8.53%), Calcium: 72.18mg (7.22%), Fiber: 1.26g (5.05%), Magnesium: 20.21mg (5.05%), Vitamin B6: 0.09mg (4.31%), Vitamin B1: 0.05mg (3.4%), Copper: 0.06mg (3.1%), Vitamin E: 0.41mg (2.73%), Folate: 10.92µg (2.73%), Vitamin K: 2.14µg (2.04%), Zinc: 0.29mg (1.95%), Vitamin B2: 0.03mg (1.9%), Vitamin B3: 0.34mg (1.72%)