



Grape Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



878 kcal

SIDE DISH

Ingredients

- 0.7 cup cider vinegar
- 4 pounds concord grapes
- 1 tablespoon ground cinnamon
- 1 teaspoon ground cloves
- 4 cups sugar

Equipment

- ladle
- pot

dutch oven

Directions

- Wash and drain grapes; remove stems. Plunge grapes into rapidly boiling water; boil 2 minutes.
- Drain well, and slip off grape skins, reserving skins and pulp.
- Place pulp in a stainless steel stockpot; bring to a boil. Reduce heat; simmer, uncovered, 20 minutes.
- Remove from heat. Process pulp through a food mill; discard seeds.
- Combine sugar, vinegar, cinnamon, and cloves in Dutch oven; bring to a boil. Reduce heat to medium; add reserved hulls and pulp. Simmer, stirring occasionally, 1 hour and 45 minutes or until tender.
- Quickly ladle relish into hot sterilized jars, leaving 1/2-inch head space. Cover at once with metal lids, and screw bands tight. Process relish in boiling water bath 15 minutes.
- Serve with meats.

Nutrition Facts

 PROTEIN 1.16%  FAT 1.13%  CARBS 97.71%

Properties

Glycemic Index:32.22, Glycemic Load:140.55, Inflammation Score:-2, Nutrition Score:11.801304350729%

Nutrients (% of daily need)

Calories: 878.12kcal (43.91%), Fat: 1.16g (1.79%), Saturated Fat: 0.22g (1.36%), Carbohydrates: 226.89g (75.63%), Net Carbohydrates: 222.64g (80.96%), Sugar: 216.1g (240.11%), Cholesterol: 0mg (0%), Sodium: 11.72mg (0.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.4%), Vitamin K: 54.05µg (51.47%), Manganese: 0.86mg (43.17%), Copper: 0.48mg (24.07%), Potassium: 730.53mg (20.87%), Fiber: 4.25g (17%), Vitamin B2: 0.29mg (16.82%), Vitamin B1: 0.25mg (16.76%), Vitamin B6: 0.32mg (15.81%), Vitamin C: 11.67mg (14.15%), Iron: 1.63mg (9.06%), Phosphorus: 76.56mg (7.66%), Magnesium: 28.99mg (7.25%), Calcium: 58.68mg (5.87%), Vitamin E: 0.76mg (5.08%), Vitamin A: 244.86IU (4.9%), Vitamin B3: 0.71mg (3.55%), Zinc: 0.32mg (2.14%), Selenium: 1.43µg (2.05%), Vitamin B5: 0.19mg (1.89%), Folate: 7.45µg (1.86%)