



Green Tomato Chow Chow



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



694 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 1 large head cabbage shredded cored
- ☐ 1 tablespoon celery seed
- ☐ 2 teaspoons ground mustard dry
- ☐ 4 quarts tomatoes green sliced (24 large)
- ☐ 1 tablespoon ground allspice
- ☐ 2 tablespoons mustard seeds
- ☐ 1 pound onion finely chopped

- ☐ 1 bell pepper red hot finely chopped
- ☐ 1 pound bell pepper sweet red seeded finely chopped
- ☐ 0.5 cup salt
- ☐ 3 pints vinegar

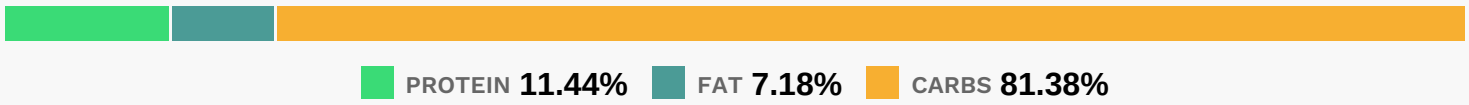
Equipment

- ☐ ladle
- ☐ pot
- ☐ meat grinder

Directions

- ☐ Combine tomatoes and salt in a large glass, ceramic, or stainless steel container. Cover and let stand overnight; drain. Rinse and drain in 2 baths of cold water. Soak tomatoes in cold water to cover 30 minutes; drain.
- ☐ Grind tomatoes into a stainless steel stockpot, using coarse blade of a meat grinder. Stir in remaining ingredients, and cook, uncovered, over medium high heat 1 hour, stirring occasionally to prevent sticking.
- ☐ Quickly ladle chow chow into hot sterilized jars, leaving 1/2- inch head space.
- ☐ Remove air bubbles. Cover at once with metal lids, and screw bands tight. Process chow chow in boiling-water bath 15 minutes.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:8.85, Inflammation Score:-10, Nutrition Score:56.298261144887%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 12.64mg, Luteolin: 12.64mg, Luteolin: 12.64mg, Luteolin: 12.64mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 24.22mg, Quercetin: 24.22mg,

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Nutrients (% of daily need)

Calories: 693.96kcal (34.7%), Fat: 5.61g (8.63%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 143.21g (47.74%), Net Carbohydrates: 118.77g (43.19%), Sugar: 112.6g (125.11%), Cholesterol: 0mg (0%), Sodium: 14363.02mg (624.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.14g (40.28%), Vitamin C: 528.57mg (640.69%), Vitamin K: 340.52µg (324.31%), Vitamin A: 10876.48IU (217.53%), Manganese: 2.34mg (116.79%), Fiber: 24.44g (97.75%), Vitamin B6: 1.77mg (88.55%), Potassium: 3096.36mg (88.47%), Folate: 318.5µg (79.62%), Vitamin B1: 0.95mg (63.1%), Vitamin B5: 6.11mg (61.12%), Copper: 1.11mg (55.42%), Iron: 9.14mg (50.79%), Magnesium: 202.13mg (50.53%), Phosphorus: 496.32mg (49.63%), Vitamin E: 6.69mg (44.63%), Calcium: 413.34mg (41.33%), Vitamin B2: 0.68mg (39.88%), Vitamin B3: 7.45mg (37.26%), Selenium: 21.65µg (30.93%), Zinc: 2.38mg (15.85%)