



Green Tomato Mincemeat

 **Gluten Free**  **Dairy Free**

READY IN



285 min.

SERVINGS



30

CALORIES



715 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 quarts apples minced cored
- 0.5 pound beef suet
- 6 pounds brown sugar
- 8 quarts tomatoes green minced
- 2 tablespoons ground allspice
- 2 tablespoons ground cinnamon
- 2 tablespoons ground cloves
- 2 lemons finely chopped

- 7 large cranberry-orange relish peeled cut into bite-size
- 2 pounds raisins
- 2 tablespoons salt
- 1 cup distilled vinegar white

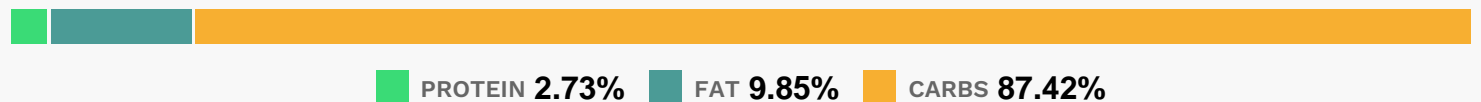
Equipment

- ladle
- pot
- canning jar

Directions

- In a very large stock pot, combine green tomatoes, apples, suet (or oil), brown sugar, vinegar, chopped oranges, chopped lemons, raisins, and candied peel. Season with salt, cinnamon, cloves and allspice. Cover, and cook over low heat for 3 hours.
- Sterilize 30 (1 pint) canning jars and lids according to manufacturer's instructions.
- Ladle filling into the sterilized jars, leaving 1/2 inch head space. Wipe the jar with a clean, damp cloth. Cover with jars with lids, and screw on jar rings.
- Heat water in a hot water canner.
- Place jars in rack, and slowly lower jars into canner. The water should cover the jars completely, and should be hot but not boiling. Bring water to a boil, and process for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:7.63, Glycemic Load:23.82, Inflammation Score:-9, Nutrition Score:21.455217354971%

Flavonoids

Cyanidin: 3.96mg, Cyanidin: 3.96mg, Cyanidin: 3.96mg, Cyanidin: 3.96mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg

Epicatechin: 19mg, Epicatechin: 19mg, Epicatechin: 19mg, Epicatechin: 19mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg Eriodictyol: 1.54mg, Eriodictyol: 1.54mg, Eriodictyol: 1.54mg, Eriodictyol: 1.54mg Hesperetin: 13.71mg, Hesperetin: 13.71mg, Hesperetin: 13.71mg, Hesperetin: 13.71mg Naringenin: 6.62mg, Naringenin: 6.62mg, Naringenin: 6.62mg, Naringenin: 6.62mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 10.39mg, Quercetin: 10.39mg, Quercetin: 10.39mg, Quercetin: 10.39mg

Nutrients (% of daily need)

Calories: 715.33kcal (35.77%), Fat: 8.37g (12.88%), Saturated Fat: 4.19g (26.16%), Carbohydrates: 167.14g (55.71%), Net Carbohydrates: 154.51g (56.19%), Sugar: 128.56g (142.84%), Cholesterol: 5.14mg (1.71%), Sodium: 536.61mg (23.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.44%), Vitamin C: 99.13mg (120.16%), Fiber: 12.63g (50.5%), Manganese: 0.84mg (42.19%), Vitamin A: 1858.99IU (37.18%), Potassium: 1254.65mg (35.85%), Vitamin K: 32.05µg (30.52%), Copper: 0.46mg (22.9%), Vitamin B6: 0.44mg (21.95%), Vitamin B1: 0.27mg (18.01%), Iron: 3.24mg (18.01%), Vitamin B5: 1.68mg (16.78%), Calcium: 162.22mg (16.22%), Magnesium: 62.03mg (15.51%), Vitamin B2: 0.24mg (14.27%), Phosphorus: 134.57mg (13.46%), Folate: 46.12µg (11.53%), Vitamin E: 1.66mg (11.08%), Vitamin B3: 2.1mg (10.5%), Selenium: 2.64µg (3.77%), Zinc: 0.44mg (2.9%)