



Green Tomato Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



13

CALORIES



123 kcal

SIDE DISH

Ingredients

- 2 to 3 bay leaves
- 1.5 teaspoons celery seeds
- 2 cups cider vinegar
- 5 pounds tomatoes green washed peeled chopped
- 2 large bell peppers red chopped
- 1 cup sugar
- 1.5 teaspoons allspice whole
- 2 onions yellow chopped

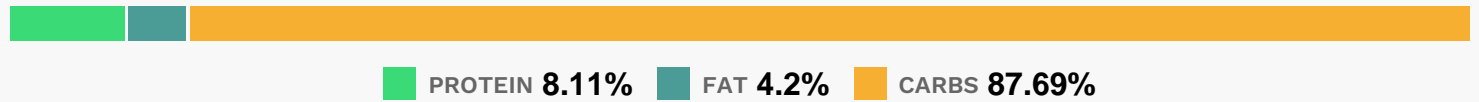
Equipment

pot

Directions

- Bring vinegar to a boil in a large nonstick pot over medium-high heat.
- Add sugar; stir until dissolved.
- Add allspice and next 4 ingredients. Return to a boil; cook 15 minutes.
- Add tomato, return to a boil, and cook 15 minutes more.
- Remove bay leaves. Refrigerate in an airtight container up to several weeks.

Nutrition Facts



Properties

Glycemic Index:14.16, Glycemic Load:11.59, Inflammation Score:-9, Nutrition Score:12.257826203885%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 1.92mg, Luteolin: 1.92mg, Luteolin: 1.92mg, Luteolin: 1.92mg Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg

Nutrients (% of daily need)

Calories: 122.86kcal (6.14%), Fat: 0.6g (0.92%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 28.18g (9.39%), Net Carbohydrates: 25.29g (9.2%), Sugar: 24.26g (26.95%), Cholesterol: 0mg (0%), Sodium: 27.17mg (1.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.21%), Vitamin C: 74.64mg (90.47%), Vitamin A: 1914.48IU (38.29%), Vitamin K: 18.92µg (18.02%), Manganese: 0.35mg (17.61%), Potassium: 470.24mg (13.44%), Vitamin B6: 0.24mg (11.93%), Fiber: 2.89g (11.56%), Vitamin B5: 0.97mg (9.73%), Copper: 0.18mg (8.91%), Vitamin B1: 0.13mg (8.5%), Folate: 30.78µg (7.69%), Vitamin E: 1.07mg (7.12%), Iron: 1.27mg (7.03%), Phosphorus: 65.18mg (6.52%), Magnesium: 25.81mg (6.45%), Vitamin B2: 0.1mg (5.87%), Vitamin B3: 1.16mg (5.81%), Calcium: 39.03mg (3.9%), Zinc: 0.25mg (1.68%), Selenium: 0.98µg (1.4%)