



## Homemade Sweet Zucchini Relish

 Vegetarian  Gluten Free

READY IN



650 min.

SERVINGS



100

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 teaspoon celery seed
- 0.3 cup cornstarch
- 1 teaspoon ground turmeric
- 12 half pint canning jars with lids and rings
- 4 onions peeled
- 1 bell pepper red stemmed seeded
- 3 tablespoons salt
- 2.3 cups vinegar

- 4 cups sugar white
- 10 small zucchini ends trimmed

## Equipment

- bowl
- paper towels
- knife
- pot
- spatula
- meat grinder

## Directions

- Run zucchini, red bell pepper, and onions through a meat grinder.
- Transfer ground zucchini mixture to a large bowl; sprinkle with salt. Refrigerate zucchini mixture, overnight or at least 10 hours.
- Pour zucchini mixture into a large pot; add sugar, vinegar, celery seed, and turmeric. Bring to a boil, stirring constantly, for 15 to 20 minutes. Stir cornstarch into mixture; continue boiling until thickened, about 5 more minutes.
- Sterilize the jars and lids in boiling water for at least 5 minutes. Pack relish into the hot, sterilized jars, filling the jars to within 1/4 inch of the top. Run a knife or a thin spatula around the insides of the jars after they have been filled to remove any air bubbles. Wipe the rims of the jars with a moist paper towel to remove any food residue. Top with lids, and screw on rings.
- Place a rack in the bottom of a large stockpot and fill halfway with water. Bring to a boil and lower jars into the boiling water using a holder. Leave a 2-inch space between the jars.
- Pour in more boiling water if necessary to bring the water level to at least 1 inch above the tops of the jars. Bring the water to a rolling boil, cover the pot, and process for 10 minutes.
- Remove the jars from the stockpot and place onto a cloth-covered or wood surface, several inches apart, until cool. Once cool, press the top of each lid with a finger, ensuring that the seal is tight (lid does not move up or down at all). Store in a cool, dark area.

## Nutrition Facts



■ PROTEIN 2.23% ■ FAT 2.17% ■ CARBS 95.6%

## Properties

Glycemic Index:1.99, Glycemic Load:5.73, Inflammation Score:-2, Nutrition Score:0.8086956480275%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

## Nutrients (% of daily need)

Calories: 37.43kcal (1.87%), Fat: 0.09g (0.14%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 9.14g (3.05%), Net Carbohydrates: 8.91g (3.24%), Sugar: 8.52g (9.47%), Cholesterol: 0.04mg (0.01%), Sodium: 210.8mg (9.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.43%), Vitamin C: 3.97mg (4.81%), Manganese: 0.04mg (1.76%), Vitamin B6: 0.03mg (1.43%), Vitamin A: 61.38IU (1.23%), Potassium: 41mg (1.17%), Folate: 4.23µg (1.06%)