



Horseradish Relish

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



223 kcal

SIDE DISH

Ingredients

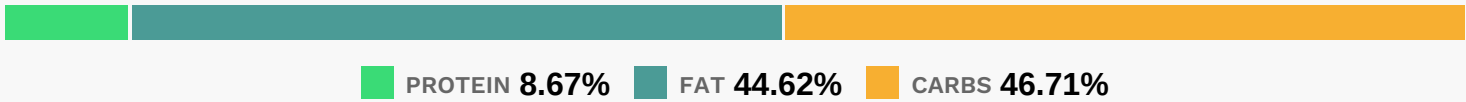
- ☐ 30 ounce cut beets diced rinsed canned
- ☐ 0.5 teaspoon mustard dry
- ☐ 1 Dash coarsely ground pepper
- ☐ 0.3 cup horseradish prepared
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 2.5 teaspoons sugar

Equipment

Directions

- ☐ Stir together first 7 ingredients.
- ☐ Add beets, stirring gently until blended. Chill at least 4 hours.

Nutrition Facts



Properties

Glycemic Index:50.27, Glycemic Load:11.37, Inflammation Score:-7, Nutrition Score:12.393478175868%

Flavonoids

Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 223.27kcal (11.16%), Fat: 11.56g (17.79%), Saturated Fat: 5.8g (36.27%), Carbohydrates: 27.24g (9.08%), Net Carbohydrates: 20.76g (7.55%), Sugar: 20.02g (22.24%), Cholesterol: 33.45mg (11.15%), Sodium: 392.43mg (17.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.05g (10.11%), Folate: 244.12µg (61.03%), Manganese: 0.74mg (36.89%), Fiber: 6.49g (25.94%), Potassium: 803.98mg (22.97%), Vitamin C: 14.72mg (17.84%), Magnesium: 59.89mg (14.97%), Phosphorus: 135.5mg (13.55%), Vitamin B2: 0.19mg (10.89%), Iron: 1.87mg (10.36%), Calcium: 101.03mg (10.1%), Copper: 0.18mg (9.07%), Vitamin B6: 0.18mg (8.89%), Vitamin A: 423.91IU (8.48%), Zinc: 1.07mg (7.16%), Selenium: 4.54µg (6.49%), Vitamin B1: 0.08mg (5.37%), Vitamin B5: 0.54mg (5.36%), Vitamin B3: 0.83mg (4.16%), Vitamin E: 0.31mg (2.1%), Vitamin B12: 0.12µg (1.98%), Vitamin K: 1.53µg (1.45%)