



Hot Dog Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



583 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 cups cabbage coarsely chopped
- 1 teaspoon celery seed
- 12 bell peppers green chopped
- 10 tomatoes green chopped
- 2 tablespoons mustard seed
- 4 cups onions chopped
- 0.5 cup salt
- 6 cups sugar

- 1.5 teaspoons turmeric
- 2 cups water cold
- 4 cups vinegar white

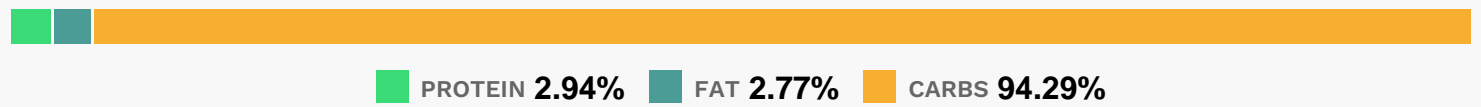
Equipment

- food processor
- bowl
- pot
- colander

Directions

- Place onions, cabbage, bell peppers, and tomatoes in a food processor, and pulse until finely minced.
- Drain, and remove contents to a large bowl.
- Sprinkle with salt, cover, and let stand overnight.
- Pour contents into a colander; rinse, and drain. Return contents to bowl.
- In a separate bowl, stir together mustard seed, celery seed, turmeric, sugar, white vinegar, and water.
- Pour over vegetable mixture, and stir to combine.
- Pour mixture into a large pot, and bring to a boil over high heat. Boil for 5 to 10 minutes. Store, refrigerated, in sterilized, sealed pint jars.

Nutrition Facts



Properties

Glycemic Index:20.61, Glycemic Load:85.95, Inflammation Score:-10, Nutrition Score:17.41652190167%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 8.29mg, Luteolin: 8.29mg, Luteolin: 8.29mg, Luteolin: 8.29mg Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg,

Isorhamnetin: 3.21mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.23mg, Quercetin:
16.23mg, Quercetin: 16.23mg, Quercetin: 16.23mg

Nutrients (% of daily need)

Calories: 582.83kcal (29.14%), Fat: 1.84g (2.83%), Saturated Fat: 0.21g (1.32%), Carbohydrates: 140.96g (46.99%),
Net Carbohydrates: 135.03g (49.1%), Sugar: 131.92g (146.58%), Cholesterol: 0mg (0%), Sodium: 5692.87mg
(247.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.8%), Vitamin C: 158.85mg (192.54%), Vitamin
K: 44.69µg (42.56%), Manganese: 0.59mg (29.63%), Vitamin B6: 0.55mg (27.35%), Vitamin A: 1347.53IU (26.95%),
Fiber: 5.92g (23.7%), Potassium: 674.08mg (19.26%), Vitamin B1: 0.22mg (14.7%), Copper: 0.28mg (14.02%), Folate:
53.25µg (13.31%), Magnesium: 47.58mg (11.89%), Phosphorus: 113.03mg (11.3%), Iron: 1.93mg (10.75%), Selenium:
6.76µg (9.65%), Vitamin B5: 0.91mg (9.12%), Vitamin B2: 0.15mg (8.68%), Calcium: 78.37mg (7.84%), Vitamin B3:
1.57mg (7.83%), Vitamin E: 1.17mg (7.82%), Zinc: 0.63mg (4.22%)