



Lemon-Zucchini Relish



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups golden raisins
- ☐ 0.8 cup honey
- ☐ 1 large optional: lemon
- ☐ 0.8 cup juice of lemon fresh (4 lemons)
- ☐ 1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1 cup white wine
- ☐ 1.5 cups onion yellow chopped

☐ 6 cups zucchini shredded (6 medium)

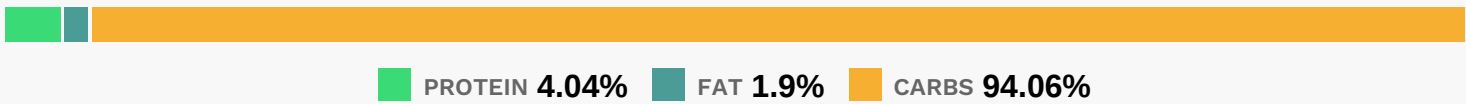
Equipment

- ☐ paper towels
- ☐ sauce pan
- ☐ colander
- ☐ peeler

Directions

- ☐ Place zucchini in a colander; sprinkle with salt. Toss well.
- ☐ Drain 30 minutes, tossing occasionally.
- ☐ Place zucchini on paper towels; squeeze until barely moist.
- ☐ Carefully remove rind from lemon using a vegetable peeler, making sure to avoid white pithy part of the rind.
- ☐ Place rind in a small saucepan; cover with water. Bring to a boil; cover, reduce heat, and simmer 15 minutes or until rind is tender.
- ☐ Drain; cool. Finely chop rind.
- ☐ Combine zucchini, rind, onion, and the remaining ingredients in a large saucepan; bring to a boil. Reduce heat, and simmer, uncovered, 35 minutes or until thick, stirring frequently. Cool; pour into airtight containers.
- ☐ Note: Refrigerate Lemon-Zucchini Relish in airtight containers up to a month.

Nutrition Facts



Properties

Glycemic Index:8.17, Glycemic Load:7.73, Inflammation Score:-2, Nutrition Score:2.0691304491914%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg Hesperetin: 1.8mg, Hesperetin: 1.8mg, Hesperetin: 1.8mg, Hesperetin: 1.8mg Naringenin: 0.13mg, Naringenin:

0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 66.04kcal (3.3%), Fat: 0.14g (0.22%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 15.84g (5.28%), Net Carbohydrates: 15.08g (5.48%), Sugar: 13.31g (14.78%), Cholesterol: 0mg (0%), Sodium: 76.48mg (3.33%), Alcohol: 0.77g (100%), Alcohol %: 1.53% (100%), Protein: 0.68g (1.36%), Vitamin C: 8.98mg (10.88%), Manganese: 0.09mg (4.44%), Potassium: 142.39mg (4.07%), Vitamin B6: 0.08mg (3.99%), Fiber: 0.76g (3.04%), Vitamin B2: 0.04mg (2.52%), Copper: 0.05mg (2.27%), Folate: 8.96µg (2.24%), Magnesium: 8.84mg (2.21%), Phosphorus: 21.49mg (2.15%), Iron: 0.3mg (1.68%), Vitamin K: 1.3µg (1.24%), Vitamin B1: 0.02mg (1.17%), Calcium: 11.48mg (1.15%), Vitamin B3: 0.22mg (1.09%)