



Onion Pepper Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



138 kcal

SIDE DISH

Ingredients

- ☐ 15 jalapeño peppers fresh
- ☐ 2 tablespoons cracked pepper black
- ☐ 2 tablespoons pickling salt
- ☐ 3 cups vinegar white
- ☐ 10 large onions yellow cut into wedges

Equipment

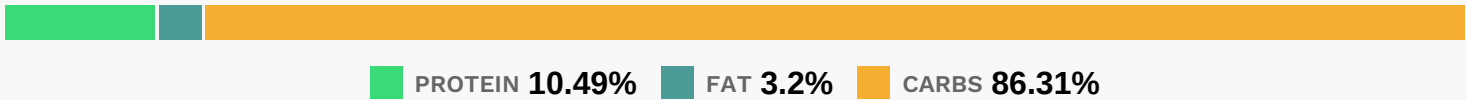
- ☐ food processor
- ☐ pot

- ☐ spatula
- ☐ canning jar

Directions

- ☐ Shred the onions and jalapeno peppers in a food processor, using the shredding blade.
- ☐ Combine the onion, jalapeno pepper, vinegar, black pepper, and salt in a large pot and place over medium heat. Stirring frequently, bring to a full boil; cook for 10 minutes.
- ☐ Pack the mixture firmly into sterilized pint canning jars to within 3/4 inch of the top.
- ☐ Pour the cooking liquid over the onions to within 1/2 inch of the top and using a spatula, stir gently to remove all air bubbles. Wipe the rims with a clean damp cloth and adjust lids and rings firmly. Process in a boiling water bath for five minutes.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:5.84, Inflammation Score:-8, Nutrition Score:11.946521707203%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 12.52mg, Isorhamnetin: 12.52mg, Isorhamnetin: 12.52mg, Isorhamnetin: 12.52mg Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 52.52mg, Quercetin: 52.52mg, Quercetin: 52.52mg, Quercetin: 52.52mg

Nutrients (% of daily need)

Calories: 138.12kcal (6.91%), Fat: 0.44g (0.68%), Saturated Fat: 0.17g (1.03%), Carbohydrates: 26.95g (8.99%), Net Carbohydrates: 21.22g (7.72%), Sugar: 12.11g (13.45%), Cholesterol: 0mg (0%), Sodium: 2339.48mg (101.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.55%), Vitamin C: 60.01mg (72.74%), Manganese: 0.69mg (34.38%), Fiber: 5.74g (22.94%), Vitamin B6: 0.45mg (22.62%), Folate: 57.29µg (14.32%), Potassium: 481.41mg (13.75%), Vitamin K: 10.75µg (10.24%), Phosphorus: 89.86mg (8.99%), Vitamin E: 1.32mg (8.83%), Magnesium: 35.01mg (8.75%), Vitamin B1: 0.13mg (8.74%), Calcium: 79.65mg (7.97%), Vitamin A: 393.24IU (7.86%), Copper: 0.15mg (7.48%), Vitamin B2: 0.1mg (5.62%), Iron: 0.86mg (4.8%), Vitamin B5: 0.45mg (4.46%), Vitamin B3: 0.76mg (3.8%), Zinc: 0.52mg (3.44%), Selenium: 2.13µg (3.04%)