



Pineapple & date relish



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



65 min.

SERVINGS



1

CALORIES



2311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tsp coriander seeds
- ☐ 2 tsp mustard seeds
- ☐ 2 tsp cumin seeds
- ☐ 1 medium pineapple
- ☐ 2 onion red roughly chopped
- ☐ 2 bell pepper red roughly chopped
- ☐ 500 ml apple cider vinegar
- ☐ 1 tsp pepper

- ☐ 300 g granulated sugar
- ☐ 140 g dates chopped

Equipment




- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ mortar and pestle

Directions

- ☐ Dry-roast the seeds in a small pan until they start to smell fragrant. Tip into a mortar and crush with a pestle until the seeds are broken down but not powdery.
- ☐ Peel, quarter and core the pineapple.
- ☐ Cut into rough chunks, then transfer to a food processor and pulse until cut into smaller pieces. Tip into a preserving pan or large heavy-based saucepan. Use the processor to do the same to the onions, then the peppers. Tip the vegetables into the pan along with the roasted spices, vinegar, chilli flakes and 2 tsp salt.
- ☐ Bring to the boil, stirring, then cover and simmer for 10 mins.
- ☐ Add the sugar and dates, and return to the boil, stirring to dissolve the sugar. Simmer for a further 15–20 mins, uncovered, until the mixture is softened but still has a bit of crunch. (Take care when tasting the relish as it will be very hot.)
- ☐ Meanwhile, wash your jars in hot soapy water and rinse well.
- ☐ Place upright in a roasting tin and put in the oven at 160C/140C fan/gas 3 for 15 mins. Boil the lids (which must be vinegar-proof) for 5 mins, then leave to dry.
- ☐ Remove the jars from the oven and set on a board. Fill the jars and screw on the lids. Label and store in the fridge for up to 4 weeks, or sterilise (see tip, below) and store in a cool, dry place for up to 1 year.

Nutrition Facts



 PROTEIN 2.6%  FAT 2.57%  CARBS 94.83%

Properties

Glycemic Index:284.76, Glycemic Load:329.81, Inflammation Score:-10, Nutrition Score:55.639565260514%

Flavonoids

Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 47.78mg, Quercetin: 47.78mg, Quercetin: 47.78mg, Quercetin: 47.78mg

Nutrients (% of daily need)

Calories: 2310.69kcal (115.53%), Fat: 6.84g (10.52%), Saturated Fat: 0.59g (3.67%), Carbohydrates: 567.91g (189.3%), Net Carbohydrates: 532.17g (193.51%), Sugar: 499.16g (554.62%), Cholesterol: 0mg (0%), Sodium: 100.06mg (4.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.6g (31.2%), Vitamin C: 755.45mg (915.69%), Manganese: 10.92mg (545.83%), Vitamin A: 8642.66IU (172.85%), Fiber: 35.74g (142.97%), Vitamin B6: 2.28mg (113.86%), Potassium: 3292.18mg (94.06%), Folate: 348.24µg (87.06%), Copper: 1.59mg (79.44%), Vitamin B1: 1.09mg (72.64%), Magnesium: 289.65mg (72.41%), Iron: 10.79mg (59.93%), Vitamin B3: 9.58mg (47.89%), Vitamin B2: 0.75mg (44.36%), Phosphorus: 400.09mg (40.01%), Vitamin B5: 3.83mg (38.27%), Calcium: 359.73mg (35.97%), Vitamin E: 5.16mg (34.41%), Selenium: 18.64µg (26.63%), Vitamin K: 25.21µg (24.01%), Zinc: 3.39mg (22.62%)